PARANORMAL UNDERGROUND®

Volume 14, Issue 9

September 2021

Tracy Farquhar
A Psychic Medium's Journey

The Haunted Boutique Shop

Haunted Dartmoor's WISTMAN'S WOOD

My Visit With WEREWOLVES

The Manitowoc UFO INCIDENT

8 Smudging Alternatives

The Spirit of 'Joy'

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He is the deputy editor of Mysterious Phenomenon for *Spooky Isles* and is the author of *The Geek's Guide to the Strange and Unusual: Poltergeists, Ghosts & Demons* and *Behold! Shocking True Tales of Terror ... And Some Other Spooky Stuff*. Rick also appeared in *Ghost Tapes 2* and several episodes of *Ghost Tapes The Series* found on YouTube.com.

CHERYL KNIGHT-WILSON

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paranormalunderground.net

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Morgan knows a little bit about a lot of paranormal topics from research she has conducted. She pledges to keep you up to date about things that go bump in the night via *Paranormal Underground's* monthly news column.

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As the founder and publisher of *The Next Truth* and *Young People Science* magazines, Maria Anna profiles open-minded scientists and non-scientists who combine accepted science and the still-unexplained events in life within their work and research.

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CHAD WILSON

A freelance writer, Chad is co-creator and publisher of *Paranormal Underground* magazine and co-producer of *Paranormal Underground Radio*. His interest in the paranormal led to the creation of www.ParanormalUnderground.net.

Chad has investigated with East Tennessee Paranormal Research Society and counts Waverly Hills Sanatorium, the Villisca Axe Murder House, Bobby Mackey's Music World, the Queen Mary, Queen Anne Hotel, Hotel Alex Johnson, and private residences among his investigations.

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Have You Had a Paranormal Encounter You'd Like to Share?

If you've had a paranormal encounter and would like to share it with our readers, email us at paranormalunderground@live.com. Tell us about your experience, and we may publish it in a future issue.

We are looking for encounters with all types of paranormal phenomena, including experiences with ghosts, cryptids, UFOs/ETs, the spirit realm, psychic phenomena, etc.

Your submission can be anonymous!

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What Type of Paranormal Activity Interests You the Most?

As a paranormal investigator, I am always interested to hear tales of unexplained encounters that people have throughout their lives. These stories range from having a spooky experience with a ghost, an encounter with an unknown creature, or seeing strange objects in the sky.

Chad Wilson, Publisher

And while I have an interest in all things strange and unusual, what intrigues me most of all are people recounting their encounters with UFOs. I often ask myself, what exactly are UFOs and why are they here? Are they from another world or, maybe, from right here on Earth? Or, as I think is sometimes the case, are they from an entirely different dimension?

I know, a lot of questions! But while ufology is surrounded in much mystery, the afterlife and ghostly activity make perfect sense to me: We live, we die, and we move on to a spiritual realm. Now, what comes after is up for debate, but there are too many strange things that go on with hauntings, sightings of the dearly departed, and other unusual events for there not to be an afterlife.

The same goes for cryptids. I don't think we have explored every place on Earth enough to say that there are not some creatures out there that we don't yet know about. This is especially true of the dark forests and deep waters where some of these creatures are said to live.

But UFOs on the other hand, they seem to defy a clear explanation. Is it as simple as this: UFOs are here to just check things out and learn about us? I wonder if, at some point in the future, we will be on the other end of the experience as we visit and explore far-off worlds and encounter the natives living there.

In regards to UFO activity, it gives me comfort to think that we are not alone in the Universe. Let's examine that statement a bit. There are an estimated 2 trillion galaxies in the observable Universe alone. Each of those galaxies is estimated to hold between 100 and 400 billion stars each. So, amongst all of those stars, we are the only life around?

The answer is a resounding no, in my opinion. Chances are that alien life is closer than we think — or probably want to admit. It can be a scary prospect but one we must face nonetheless.

So, the next time you are looking up at the stars, realize that somewhere out there an extraterrestrial being is most likely looking at the same stars at that exact moment in time.

So, what type of paranormal activity interests you the most? ◆

October 1–2
Honobia Bigfoot Festival and Conference
Honobia, OK

October 1–3
Minnesota Bigfoot Conference
Timberlake Lodge Hotel & Restaurant
Grand Rapids, MN

October 1–3
Sage Paracon at Home
Online Convention
View from your home

October 2–3
Las Cruces ParaCon
Las Cruces Convention Center
Las Cruces, NM

October 8–10
Vulture City ParaCon
Vulture City Ghost Town
Wickenburg, AZ

October 15–17
Strange Realities Conference
SIR Nashville and Online event
Nashville, TN

October 16
Upper Cumberland Bigfoot Festival
Cumberland County Fairgrounds
Crossville, Tennessee

October 22–24
The ScareFest Horror and Paranormal Convention
Central Bank Center
Lexington, KY

October 24
Statler City Psychic Fair
Statler City
Buffalo, NY

October 30–31
The Warren's Seekers of the Supernatural Paracon
Courtyard by Marriott – Waterbury Downtown
Waterbury, CT

November 5–6
History Haunts and Legends Paranormal Conference
Jefferson, TX

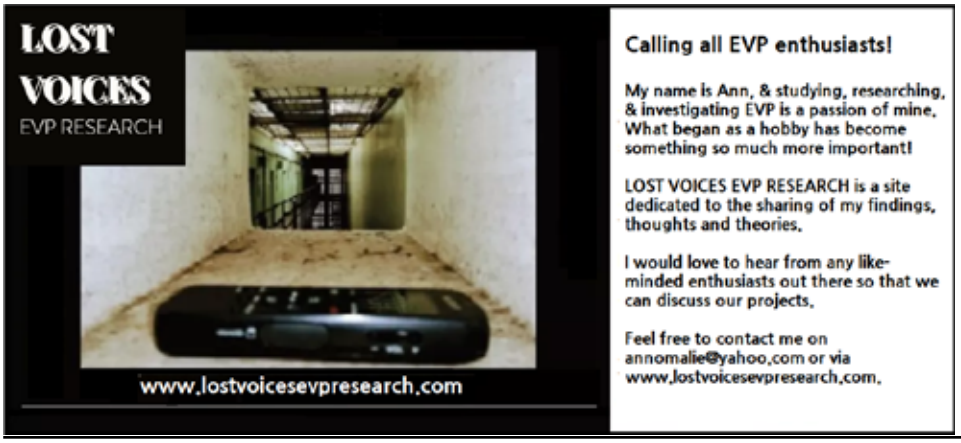
November 7
Mid-Michigan Paranormal Convention
Holiday Inn / Gateway Center
Flint / Grand Blanc, MI

November 12–14
UFOs: All the Above and Beyond
Aquarius Casino Resort
Laughlin, NV

December 9–11
Las Vegas Paraunity Convention
MGM Grand
Las Vegas, NV

January 8–9, 2022
Stranger Con
Los Angeles Convention Center
Los Angeles, CA

E-mail your paranormal event to paranormalunderground@live.com. ◆



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Uninvited Guests, Cryptids & Alien Phenomena Galore!

By Morgan Lineberry

Security Camera Spook

Sometimes security cameras capture more than they are designed to. This happened to Maxine Hughes in Glasgow, Scotland, according to Tim Binnall of Coast-to-Coast AM.

"A home security system in Scotland captured footage of a shadowy form," outside of Hughes' home. The footage shows a dark mist "seemingly manifesting in the air and then floating over the yard before vanishing."

Hughes was so creeped out by the experience that she brought a priest in to bless the house.

Hopefully, the "sinister spirit" was just passing through or was sent away by the priest. No one wants that hanging around their home, or worse, deciding to come inside! You can watch the video of the strange shadow by clicking here.

Classic Cattle Mutilation

Edith Moneda and Daniel Padilla bring us a story of a recent cattle mutilation in Hasenkamp, Argentina. These mutilations don't seem to happen a lot, but they are disturbing when they do.

This particular one happened in mid-July. The heifer was found "missing the organs typical to such cases: one eye, an entire udder, tongue, genitals, and part of its jawbone."

To make it more disturbing, "the incisions were cauterized, and there was no trace of blood on the field." This is classic surgical-grade mutilation that shows intent and futuristic medical knowledge. Whoever or whatever did this knew what they were doing.

Tech-Savvy Demons

There are plenty of conspiracy theories floating around on the Internet, but this one wins. Stephen Rossetti, who is a priest, licensed psychologist, and councilor, claim that demons can send menacing text messages.

Rossetti is a well-known priest in the United States, so one would hope he knows what he's talking about. As Andrew Jameson and Chloe Burrell of the *Daily Record*

explain, Rossetti has "had three cases in which demons have texted the team and or the family of the possessed person."

One message said, "Her torments start now, priest ... all night. We will make her bleed." This newfound knowledge of technology is not surprising to me. Evil, like all

→

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BY THE LINEUP

things, must evolve to survive in this ever-changing world. I just hope demons stay away from my phone!

Bigfoot's Big Mouth

With Bigfoot being so elusive and camera-shy, one of the best signs we have that he or she exists is sounds, such as unusual howling vocalizations. Paul Seaburn of Mysterious Universe brings us new evidence from West Virginia.

"Now we have a recording from West Virginia of another alleged Bigfoot howl by a witness who claims this has been happening for months," Seaburn explains. And to add promise, "Experts say it sounds credible."

The witness has chosen to remain anonymous, but they shared a recording from the small town of Bluefield. This area also has "unusual animal activity," according to a local hunter the witness knows. It sounds like a perfect spot for a Bigfoot hunt.

To listen to the recording, click here.

Ghostly Green Glow UFO

We can't have a good column without a classic UFO sighting. Live Science writer Brandon Specktor states that not one, but two pilots recently had just that.

"Late on July 30, pilots of two separate aircrafts — one military and one commercial — reported seeing a mysterious green UFO vanish into the clouds over the Gulf of Saint Lawrence on the Atlantic coast of Canada," according to the report.

The pilot of the military plane even climbed more than 3,000 feet either to avoid the aircraft or to get a better look at it. While no one is ruling out logical explanations, the bottom line is that the object remains "unidentified."

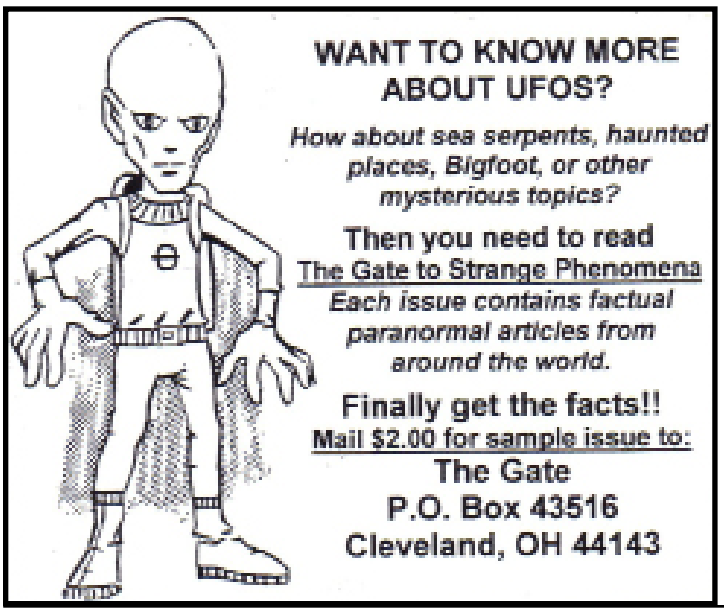
Little Girl in a Dream

Have you ever had a dream that just felt so real? What if it was? The Mirror's Luke Matthews says that is what happened to Gina Soave. Soave and her husband "didn't find out until they signed the paperwork for the property to officially become theirs that someone had previously died" in their new home.

Her first night in the home, Gina had a strange dream in which she "was standing in the hallways staring at a cupboard door" next to a little girl. The little girl opened the cupboard to show her something, a red rosary bead necklace sitting on one of the shelves.

The next morning Gina opened the closet in her new home, revealing a rosary bead necklace on one of the shelves.

"On other nights since, she has been woken up to her bedroom door slamming open or lights being turned on," according to the story. It sounds like she may have bought a home that was already claimed.◆



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13 CREEPY HALLOWEEN HORROR MOVIES YOU NEED TO SEE

By Orrin Grey, The Lineup

What could be better than a scary movie on a chilly October night? How about a movie that ups the autumnal ante by being set on or near Halloween, the spookiest night of the year?

As you might expect, there are plenty of horror movies set on Halloween — as well as some other seasonal favorites that are only tangential to the horror genre, such as *Hocus Pocus* — but there might also be some films that you weren't expecting to come crawling out of their graves this October. After all, not every movie set on or around Halloween is covered in grinning pumpkins and ghoulish costumes. In fact, significant parts of some classics, like *The Exorcist*, *The Changeling*, and *The Amityville Horror*, take place on the holiday.

We won't be listing those, though. To qualify for this list, the film in question not only has to take place on or around All Hallows' Eve, it also has to capture some measure of the festive spirit of the holiday — whether that means changing leaves, haunted houses, costumes, parties, or flickering jack o' lanterns. If you're in need of something to stream tonight to get you in the spooky spirit, these Halloween horror movies are guaranteed to do the job ...

1. Halloween (1978)

John Carpenter's slasher classic may be *the Halloween* movie — it's right there in the name, after all. Measured and atmospheric, few films do a better job of capturing the feel of a Halloween afternoon as it drifts on toward evening — even if it was actually shot in California, where all the trees were still green and the dead leaves had to be scattered on the ground between takes.

If you've already seen the original, the sequels and remakes all take place on the holiday, too. We're particularly fond of oddball series entry *Halloween III: Season of the Witch*.

2. Night of the Demons (1988)

Kevin Tenney's delightfully schlocky take on the *Evil Dead* formula is probably as close as you can come to a cinematic evocation of attending a crappy Halloween party in a haunted funeral home. It's got scream queen Linnea Quigley and an infamous lipstick scene. It's got plenty of haunted house shenanigans and demonic possessions, weird teens, and awkward, slangy conversations.

And it's also got an extended dance sequence performed to a song by Bauhaus. What more could you ask for from your Halloween party?

3. The Guest (2014)

Adam Wingard and Simon Barrett, the director/writer duo behind *You're Next*, bring us one of the most unexpected Halloween horror classics of the past decade — with able help from actor Dan Stevens. When a stranger named David shows up on the doorstep of the Peterson family, claiming to have served alongside their son who died in combat, neither the family nor the audience can imagine how his presence will ultimately reshape their lives.

Apocryphally inspired by a double-feature of *Halloween* and *The Terminator*, that may be all you need to know to convince you to watch *The Guest this October*.

4. Haunt (2019)

What's Halloween without a haunted attraction or two? In this short, sharp flick, a group of friends go to an "extreme" haunted house that promises to exploit their darkest fears ... and maybe more than any of them bargained for. Come for the slasher spectacle, stay for the really cool masks that were designed for the denizens of the titular haunt.

This flick became Shudder's most-watched movie premiere of 2019 when it was released on the platform after making its world premiere at FrightFest.

5. The Houses October Built (2014)

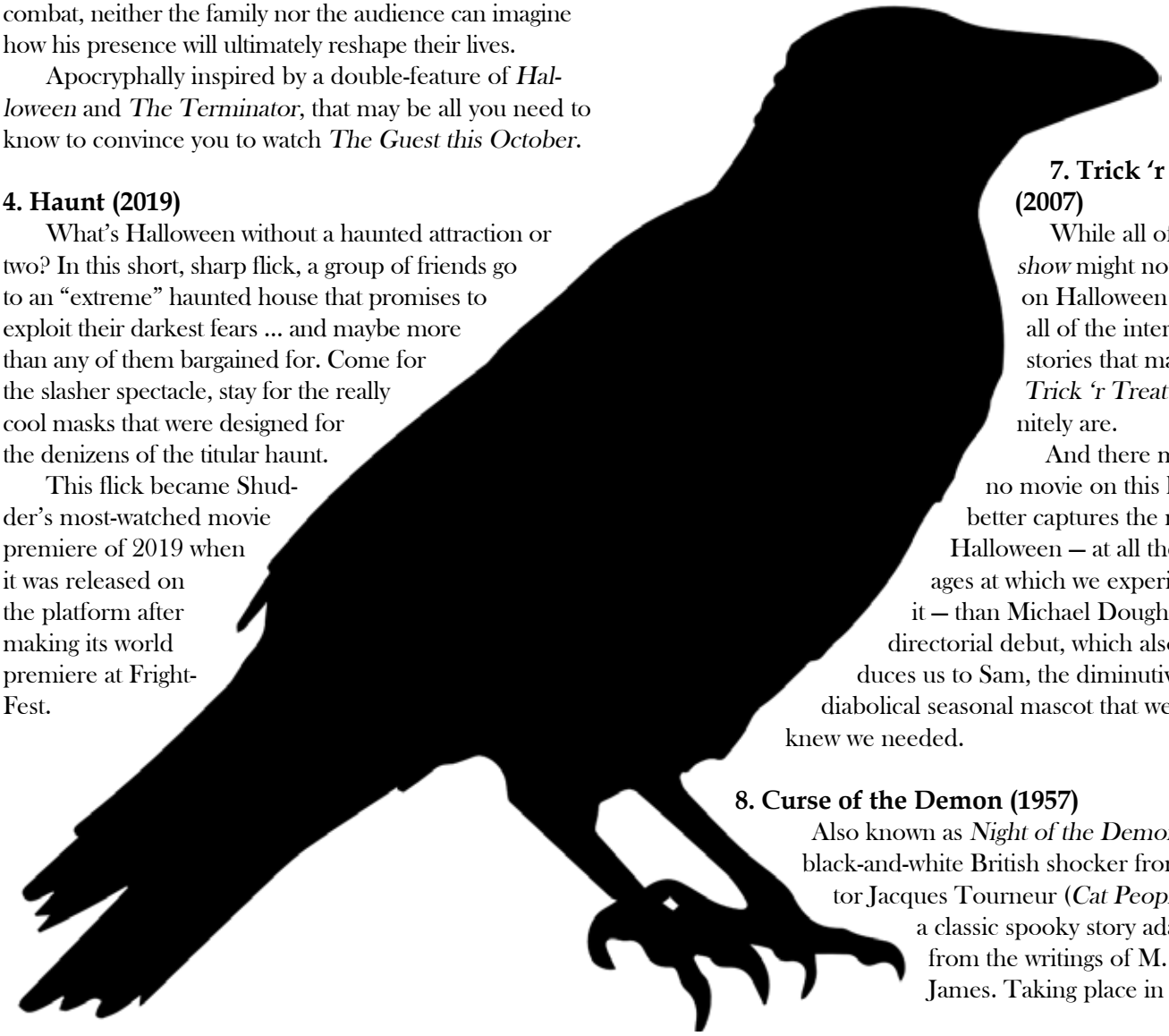
Speaking of haunted attractions, this found-footage flick follows another group of friends, this time road tripping cross country to visit the scariest haunted attractions they can find and recording their experiences.

Of course, this being a horror movie, they find themselves pursued by sinister individuals with more on their minds than a few harmless Halloween pranks in this low-budget hit that also spawned a 2017 sequel.

6. Creepshow (1982)

Sure, all of *Creepshow* isn't set on Halloween — in fact, one segment is memorably set on Father's Day — but the wraparound story of this classic anthology flick, which combines the talents of George Romero and Stephen King for the first time, takes place near Halloween.

Complete with an appearance by Tom Atkins as a toxic, comic-hating dad, the whole affair provides perfect spooky season viewing.



7. Trick 'r Treat (2007)

While all of *Creepshow* might not be set on Halloween night, all of the intertwining stories that make up *Trick 'r Treat* definitely are.

And there may be no movie on this list that better captures the magic of Halloween — at all the various ages at which we experience it — than Michael Dougherty's directorial debut, which also introduces us to Sam, the diminutive and diabolical seasonal mascot that we never knew we needed.

8. Curse of the Demon (1957)

Also known as *Night of the Demon*, this black-and-white British shocker from director Jacques Tourneur (*Cat People*) is a classic spooky story adapted from the writings of M. R. James. Taking place in the days

→

and nights leading up to Halloween, it boasts one of the best demons ever put on film.

Plus, there's plenty of ominous shadows as only Tourneur could pull off.

9. Ginger Snaps (2000)

What's a high school werewolf movie about the bond between sisters without a climax that takes place during a Halloween party? Whatever it is, it isn't *Ginger Snaps*, the touching, poignant, darkly comedic, and bloody-as-hell lycanthropy classic from our neighbors to the north that spawned a minor franchise in the early aughts.

10. May (2002)

Halloween plays a big part in this strange, sad, ultimately bloody tale of an ostracized girl (played to the absolute hilt by Angela Bettis) who struggles to find regular friends — so she makes her own!

The solo directorial debut of Lucky McKee (*The Woman*), many still consider this the macabre indie director's best film.

11. Scary Stories to Tell in the Dark (2019)

Produced by Guillermo del Toro and directed by André Øvredal (*Trollhunter, The Autopsy of Jane Doe*), this adaptation of the book series by Alvin Scwhartz that traumatized children the world over opens on Halloween night in 1968. It has all the autumnal spookiness of a familiar ghost story told around the fire, the flashlight held up under one's chin.

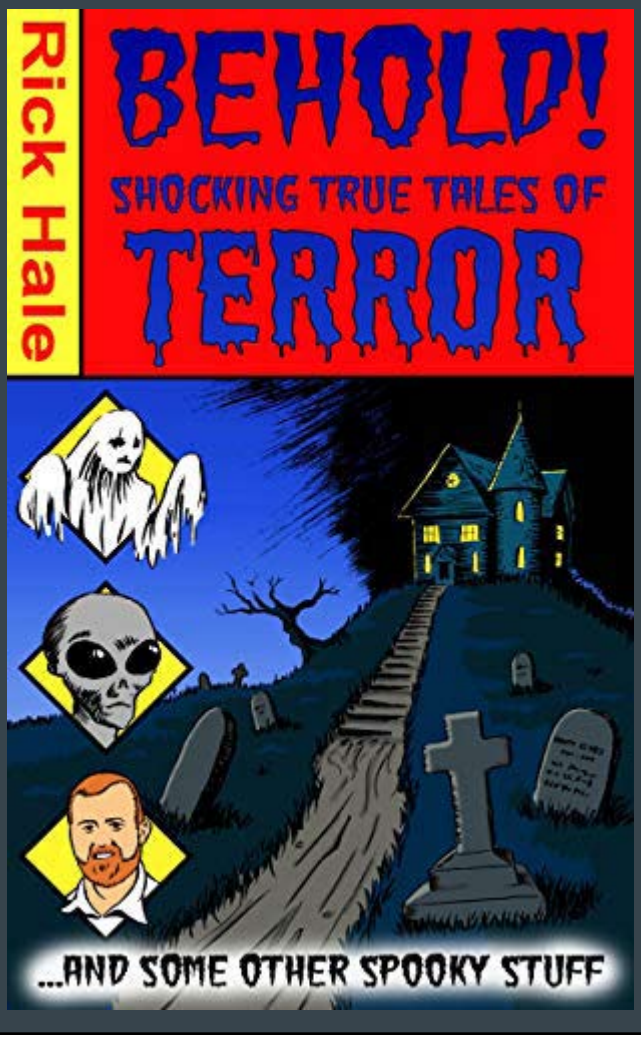
12. The Barn (2016)

A low-rent throwback to the golden days of direct-to-video VHS horror, *The Barn* is set on Halloween night in 1989 and brilliantly captures the atmosphere of the campy slasher flicks of yesteryear. Funded via Kickstarter, this independent feature may not have the budget or polish of some of the other flicks on this list, but it more than makes up for that with heart — and buckets of low-budget gore!

13. The Witching Season (2015)

Not technically a movie, the five segments of *The Witching Season* came to life as a web series before streaming on platforms like Amazon Prime. The longest of the episodes is 31 minutes, the shortest a mere nine, and several are set on Halloween.

For a seasonal treat, watch all five in a row and consider it a short holiday anthology film. Bonus points for the fact that the series' throwback opening credits evoke the season better than most whole movies can manage. ◆



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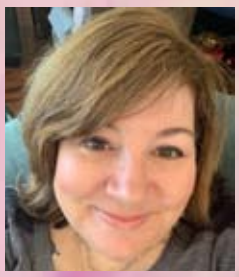

With Co-Hosts
Karen Frazier &
Cheryl Knight-Wilson

TRACY FARQUHAR:
A Psychic Medium's Journey

By Maria Anna van Driel, The Next Truth

No one can deny that computers and electronics have revolutionized life on this planet, and many serious researchers are claiming that some of this gadgetry can be useful in one unexpected way: to contact the dead ... or at least to allow the dead to contact us.

No doubt, many of us have an inner fear, even if every so slight, of whatever unseen entities dwell around us. But, even if we don't believe in "them," subconsciously we cannot ignore their existence.

Over the centuries, humans have been fascinated by the hereafter and what happens to us after we die. And some of us have been especially interested in communicating with those who have crossed over. We would love a peek into "their" world. And, so, to satisfy our curiosity, séances, Ouija boards, tarot cards, and the human ability to channel, among others, are tools used by psychic mediums in making attempts to communicate with those who have crossed the boundary between this realm and the next.

Did you know that these tools, which have been labeled by many as "BS," have been documented back to early human history and became quite popular during the 19th century in the United States and the United Kingdom?

But if any of the methods for communicating with the dead work, why don't we receive more convincing information from the other side? Why can't science replicate these events in controlled conditions? Are the technical devices used simply not sufficient enough? Or, are we simply not yet allowed to get clear answers concerning the possibility of possessing an awareness after our physical body has died? Perhaps it is supposed to remain a mystery. Perhaps not.

This is where mediumship can give us a clearer picture into the afterlife. To gain a better insight in what mediumship is, I contacted psychic medium Tracy Farquhar. I asked Tracy, who is the author of the book *Tarot for Today: A Book of Modern Tarot Interpretations*, what it means to be a psychic medium in the 21st century and how to work with these abilities in an era that can be harsh to those people who are able to sense, view, and explain the spiritual energies guiding us through life.

Tracy Farquhar offers life path guidance, spiritual wisdom, and empowerment through individual and group readings, classes, workshops, and coaching for the discerning spiritual seeker.

Here's what she revealed ...

* * * * *

Tracy first truly tapped into her psychic abilities after taking psychic development classes with the late Tom Halliwell in 2005.

Q: For those who don't know about your background, can you tell us a little about yourself?

Tracy: As the youngest of five children in a loving and somewhat quirky family, I grew up on the East Coast of the U.S., living most of my life in New Jersey. One of my sisters was interested in all things spiritual and paranormal, so I grew up with an open mind and curiosity about these things, although I never thought that I had any extraordinary abilities.

I was always extremely quiet, shy, and introverted and was led to believe that this was a fault that I had to overcome. I never liked crowds or loud noises, and I preferred to be alone, which led to some bullying in school and an evaluation by a school psychologist in sixth grade (who found nothing wrong with me).

After living in England for seven years, I returned to the States in 2005 and started taking a course in psychic development just for fun. It wasn't long before I discovered through practices in that class that my high degree of sensitivity was a gift rather than a fault and that it allowed me to connect with the energy of other people and the spirit realm.

This discovery changed my life in every way; not only did it create a new career path for me, but it allowed me to accept and love myself so much more, which has enhanced my well-being and sense of happiness with my life.

Q: What is a psychic medium?

Tracy: My definitions of these terms don't always coincide with the way others define them, but for me, a psychic is someone who has the ability to connect with the energy of another person in order to receive information about them. My intention in using this ability is always to assist and guide that person to the highest degree of happiness and success in their life.

A medium is able to connect with the energy of nonphysical beings, which for the most part are the spirits of people who have passed on but can also be spirit guides, angelic beings, animal spirits, and lots of other types of beings. These connections can bring comfort and clarity to those who have lost loved ones and help them to feel loved and less alone.

Q: When did you first become aware of your special abilities?

Tracy: While I had some experiences here and there throughout my life, they never seemed to indicate that I had any special abilities until I started practicing them

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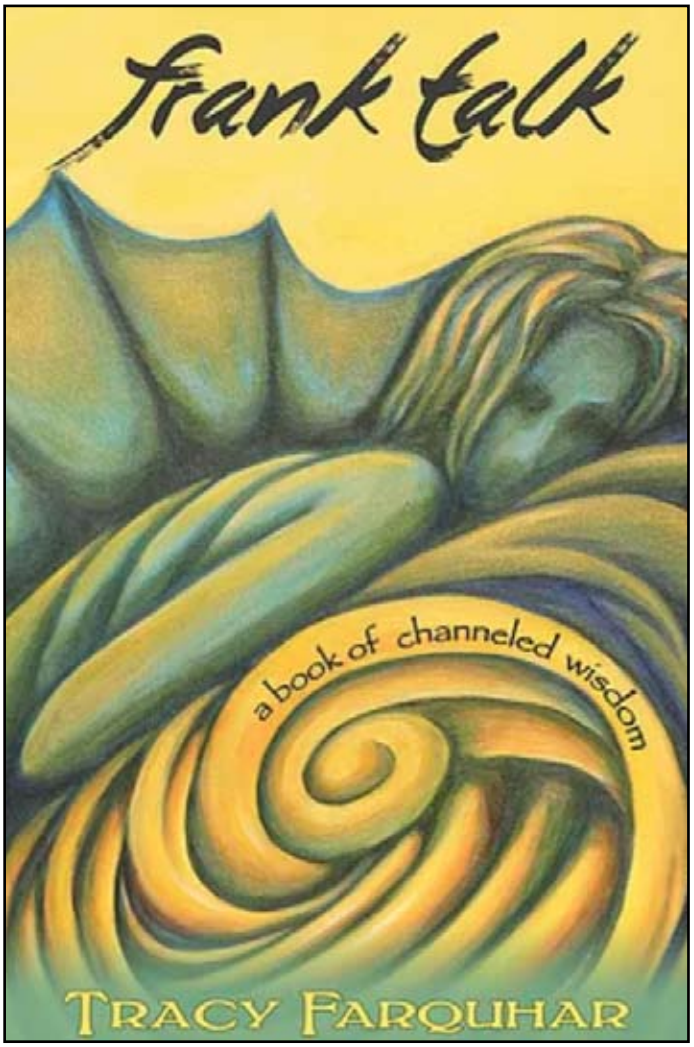

***Frank Talk: A Book of Channeled Wisdom*, published in 2014, tells the story "Frank," a spirit collective from another world. The book reveals details about Frank's own civilization and includes fascinating discussions about the nature of reality, science, spiritual wisdom, a different perspective on time, the animal kingdom, and more.**

deliberately in the classes I started taking in 2005. And the more I practiced, the more my confidence grew which expanded and enhanced my abilities and still continue to shift and change as I grow older.

Q: Which of your abilities showed up first, and how did you expand that ability?

Tracy: In the very first psychic development class I took, I noticed that I was seeing some sort of shadowy figure behind and to the right of the teacher. It was taller than him, and I tried everything I could to debunk this image as some trick of the eyes, but it persisted.

I finally asked my friend who had taken the class before if she knew what it was, and she told me it was the teacher's guide and that other people were sometimes able to see it.

As the classes progressed, we would practice doing psychic readings on each other, and while this was a fun and lighthearted exercise, I quickly discovered that much of the information I was receiving was accurate and relevant to the person's life. This came as quite a shock, but I was delighted and excited to continue expanding this ability, so I continued to take this class over and over to have the opportunity to practice and learn.

Q: There are different types of mediumship … mental mediumship, trance mediumship, and physical mediumship. What are the differences, and which mediumship do you practice?

Tracy: I don't use this terminology to describe what I do, but according to the definitions of those terms, I resonate most with mental and trance mediumship.

According to Wikipedia, mental mediumship indicates that information is received through the inner senses such as visions (clairvoyance), sounds (clairaudience), and feelings (clairsentience). Trance mediumship is more like channeling, where the spirit energy is able to communicate in a more direct way through the medium.

Physical mediumship was very popular in Victorian times, and it involved the production of some type of physical manifestation, such as sounds or matter, through the medium. I do not practice that, and I don't believe it is widely practiced by many mediums today.

Q: When I hear the term "medium," this image of a gypsy woman sitting at a small table gazing into a crystal ball immediately comes to mind. But, scrolling through your Website, one is quickly thrown into the modern world whereby this image rapidly fades to the background. Why do you think that many people are still holding onto this outdated image of a gypsy woman gazing into a crystal ball?

Tracy: I believe it's an unfortunate human trait to attach a stereotype to something we don't understand, and our culture is full of stereotypes around these practices. We also tend to ridicule these things or dismiss them, as we've been taught to only believe that which is scientifically proven and based on logic and intellect. It's a way for people to feel more comfortable with the things they fear through a lack of understanding.

But the fact is that we ALL have varying degrees of sensitivity to energy, and we engage in that sensitivity all the time. But most people are not aware that they are do-

ing it, and if they do have any type of extraordinary experience, they will ignore it and not talk about it or label it a coincidence or a trick of the mind. We are so concerned about appearing "weird" or "crazy" that we tend to dismiss this very powerful form of awareness, which is a shame, because it is something that can greatly enhance our lives when we bring our awareness to it.

Q: Reading your Website, I read that you are not only offering online classes and workshops in psychic development, but that you are also connecting with one's spirit guide by phone. How do you connect with your clients and their guides by phone?

Tracy: The practice of connecting with the energy of a person or spirit being involves energy, and energy is not bound by time or space. It is my intention to connect, which creates the experience, just as intention guides all our life experiences. Therefore, I do not need to be in the physical presence of someone to connect with their energy, and the sessions I do online or by phone are just as powerful as any in-person session.

It is difficult for us to separate from our ideas about time and space because that is how we navigate life as physical beings, but non-physical energy does not adhere to the same principles and can instantly travel what we consider to be great distances.

There are many scientific discoveries being made in the field of quantum physics that demonstrate the incredible properties of energy, such as the ability of a singular particle of energy to be manifested in two different places at the same time, so there is the potential that we may one day better understand these abilities.

Q: What is the most memorable, scariest, and/or funniest experience you've had as a psychic medium?

Tracy: I can't say that I've ever had a scary experience with spirit, although I've had a few with people. Early on in my reading career, I would sometimes travel to people's homes to do readings (I no longer do this), and I was once in a home doing a reading for a woman who was the caretaker of the homeowner.

We were sitting in the kitchen and my back was to the rest of the house, and just as I was talking about the feeling that there may be some spirit energy in the house, the woman let out a blood-curdling scream as she looked over my shoulder.

I froze, afraid to look, and when I finally turned to see what she was seeing, it was the elderly man she took

Continued study, practice, and passion have helped Tracy hone her skills, and she now uses tarot and mediumship to do her readings.

care of who was shuffling out of his bedroom. I suppose she thought he was a ghost!

One of the most profound experiences I've had was many years ago during a group mediumship reading, also known as a spirit gallery. I don't remember what spirit was coming through for the woman in the audience, but I know that I was clearly shown a white car in my inner vision. When I told her this, she said she didn't have a white car, but it was a persistent image and I told her so. Then I saw children's car seats in the car and got the feeling that they needed to be adjusted and tightened, but she said she didn't have any children. Again, it felt like an important message, but she just shrugged her shoulders and seemed disappointed.

About a week later, this woman emailed me to tell me that the day after the reading, she went to her job at a daycare center and realized that the van they used to transport the children was white and had child seats in it, so, remembering the reading, she climbed into the van and tightened the connections on all the seats.

A few days later, when they were transporting a van full of children, they were broadsided by a car doing 60 mph. The woman suffered cracked ribs, but all the children were unharmed and safe.

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***Tarot for Today* is a unique deck of 78 tarot cards in book form. The interpretations are intended to be uplifting, inspirational, and empowering.**

Q: From a scientific point of view, how, if possible at all, can psychic abilities be explained?

Tracy: Science relies a lot on predictability and laws, and while there's a lot to be gained from that type of thinking, I believe there are other elements of our existence, such as consciousness and energy, that do not necessarily adhere to these methods of scientific thinking.

But I do believe that there are advances being made in the field of quantum physics that could one day expand our view of existence if we allow our minds to open to that which cannot be proven with typical scientific methods.

The fact is that everything is made of energy, which vibrates at varying frequencies. Our five senses are only able to perceive a small portion of those frequencies because of the physical limitations of those senses, but we know that the elements we can't perceive, such as some light and sound energy, exist because we have instruments that can perceive them. So that means we can't really rely on our five physical senses as the ultimate form of perception.

But, we all have those experiences of "sensing" something beyond those physical senses, like the feeling of being watched or feeling the energy in a room, and that means we have other forms of perception in addition to the physical ones.

Everything in existence puts out some type of electromagnetic charge, including ourselves, and that charge is a transmitter and a receiver, so the ability to sense different types of energy really isn't that unusual. It's a natural part of who we are.

Q: You are the author of three books, including *Channeled Messages From Deep Space*. What inspired you to write the books?

Tracy: Through an unusual series of events that are outlined in my first book, *Frank Talk: A Book of Channeled Wisdom*, I was contacted by a collective of eight beings who call themselves Frank. The first contact was made through a Ouija board with my sister, as we had been having some experiences that led us to believe that something was trying to communicate with us. From there, the contact shifted to automatic writing, which is a type of channeling where the channel writes down words that are received through their consciousness.

The collective described themselves as eight beings who live on another planet over 3 billion light-years away and that they had found a way to project an aspect of their consciousness through the Universe to connect with other life forms such as us. They conveyed a lot of wisdom and uplifting information, and in 2013 through 2014 the book *Frank Talk* was channeled from them through me.

It is a fascinating look at their lives and many of the issues they've faced, which are very similar to the state of our world today.

Q: What is channeling?

Tracy: Channeling is an elevated form of mediumship; in other words, it is a connection with non-physical beings (or the consciousness of non-physical beings) but in a more direct way than mediumship. In a mediumship reading, the medium receives information through inner visions, feelings, and sometimes words that have to be translated into language.

A medium will describe what they are seeing or feeling in their own words. In channeling, the communication is being conveyed directly. The consciousness of the

channeler will step aside to allow the consciousness of the non-physical being to be directly conveyed without a deliberate interpretation.

The brain of the channeler is involved in that the energetic frequency being transmitted by the being or beings is automatically translated by the brain into the words and language normally used by the channeler, but it isn't done as a type of deliberate or thought-based interpretation. When I channel, I am conscious and aware, but there is the sense of being an observer to the experience rather than a participant.

Q: Does one have to be born with this gift, or is there a way to learn, for instance, how to channel?

Tracy: Just as with psychic and mediumship abilities, anyone can cultivate these sensitivities if they have the desire and the willingness to explore their own higher consciousness.

As I stated before, we all have varying degrees of sensitivities, but we can learn to trust and expand those sensitivities through practices, such as meditation, stillness, and "tuning in" to what we are sensing and feeling as much, if not more, than what we are thinking.

Q: How are tarot cards used, and can they, like a Ouija board, open doors wide open for anything from any realm to enter our reality? Or, are tarot cards a safer way to see beyond classical reality?

Tracy: Tarot cards and Ouija boards are very different tools. The tarot is a series of symbolic images that represent many of the challenges and experiences we have in our lives and how those challenges and experiences can be best utilized for learning and growth. When I use the cards for a reading, I find that they tell me a story about the person's life path and how what they are experiencing now is connected to their past experiences and their future possibilities. It's a very valuable tool for me to tune into what will best benefit the person and help them get a clearer perspective on their life.

The Ouija board is used for spirit communication. It is a widely misunderstood means of communicating with spirit that many people fear is evil or dangerous. The truth is that no tool is evil or dangerous any more than your phone or your pen is evil or dangerous. It is the intention in using the tools that creates the experience, and if someone is using a Ouija board with the intention of having a spooky or scary experience, then they are more likely to attract that experience.

Unfortunately, Ouija boards are sold as games or toys, so often people see them that way, but they can be used very successfully and safely to communicate with the higher consciousness of spirit if one has the sole intention to do so.

Q: Some people say that mediumship is all a hoax — that those who claim to possess the ability of connecting with all that is dwelling in the unknown realms are frauds. Have you experienced such negativity during your career as psychic medium?

Tracy: Yes, of course, there will be skeptics who don't believe in what I do, and I have been the subject of ridicule and derision in my career. It's to be expected, since

Tracy taps into both spirit and living energy to help guide others on their path.

that's how people tend to respond to things they don't understand. It's not my responsibility to change their minds and try to convince them of anything.

I am more focused on those who come to me with openness and curiosity either to receive some helpful information in a reading or to learn to explore and enhance their own abilities.

My books have received very harsh criticism, but they've also received many more reviews that are appreciative and full of praise. The harsh words can hurt, especially since I am a highly sensitive person who feels everything very deeply.

But I've learned not to dwell there and to focus more on how my work benefits people than on those who criticize it. They're not my audience, so I don't need to be concerned with them.

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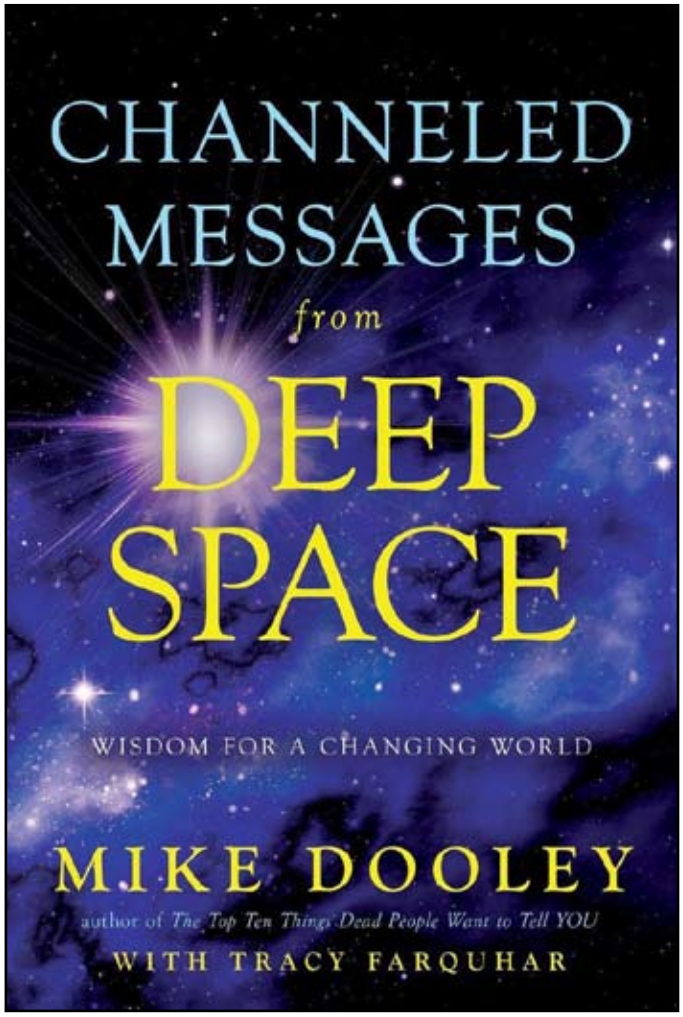

***Messages From Deep Space: Wisdom for a Changing World,* coauthored by Mike Dooley and Tracy, is a series of profound questions poignantly answered by the collective known as Frank. The book is also available as an ebook and audio.**

Q: Why do you think that there is still a taboo around mediumship?

Tracy: Mainly because we have such an innate fear of death and our Western culture doesn't deal with issues surrounding death very well. We see it as the ultimate tragedy and something to be avoided at all costs, and that belief is programmed into our brains so that we tend to avoid death and stay alive as long as possible.

But because death and its aftermath is a great unknown, we fear it, as it makes us uncomfortable to deal with the unknown. Beings that we can't normally see feel threatening and scary, and some religions teach that all spirits are demonic and those who communicate with them are evil.

There's also the unfortunate issue of those who call themselves psychics and mediums but with the intention to defraud vulnerable people. They may very well be talented in their field, but if their intention is focused on duping people out of large sums of money rather than helping them, they create a sense that all practitioners in this field are frauds and liars, which is not the case at all.

A common practice used by fraudulent psychics and mediums will be to offer you a low-cost reading and then tell you during the reading that you have bad energy or a curse on you that they can remove for a much larger sum of money. Anyone who experiences this should leave that reading immediately, as that is not how a legitimate practitioner operates.

Q: What is the best advice you can give people who are both struggling to understand their own psychic abilities and how they can use them?

Tracy: These practices require a lot of "allowing," which is not something we are usually comfortable with. Our culture is action-oriented, so simply being and allowing feels unnatural to us, but it is essential to cultivate a state of inner awareness through quiet contemplation and meditation.

Take some time in your daily life to just be still and quiet, whether that's sitting with a guided meditation or music or walking in nature or practicing yoga or other forms of moving meditation. Instead of "trying," just "be." When thoughts come in, as they will, observe them without engaging in them and bring your focus back to whatever your point of focus is in the moment. Cultivate an inner awareness that allows you to really listen to your inner voice rather than just your thinking mind. Ask yourself more often what you are feeling rather than what you are thinking.

Keep a journal of the times when you get a sense of an intuitive download or knowing something without knowing how you know it; pay attention to that information and see where it leads. Just like anything else you want to learn, take the time to practice and notice where you need to improve. If your skeptical mind interrupts, learn to quiet it by shifting your focus.

If you tend to doubt your abilities, keep practicing to boost your confidence. Find a group or a class where you can be supported and understood, and make sure you have people in your life who you can openly talk to about your experiences.

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For more information about Tracy's books, readings, and online courses, visit tracyfarquhar.com or facebook.com/TracyFarquharPsychic. ◆

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AUTUMN BLESSINGS:
SACRED CANDLES, MYSTICAL STONES & ANIMAL TOTEMS

By Rainbow Radaelli

As dusk is slowly devouring the light, taking it to the edge of darkness, the sacred hour of twilight — that of magic and mayhem — comes upon those who are the devotees of ritual and ceremony. The luminous glow of the moon's rays reaches deep within the heart, making melodic words and incantations take on an otherworldly pitch that echoes into the darkness. Autumn is upon us, and the blessings have begun for the change of season.

Sacred space can be within us or a location that inspires us. Either way, as long as we undertake the journey, the prayers, blessings, and offerings are a way of connecting us back to our roots, reminding us of who we truly are.

Gratitude is one of the greatest ways to embrace the moment, because it places our thoughts and feelings in the moment of now. Believe it or not, that is a huge part of preparation in ceremony, because in order for a blessing to flow into the ethers and come alive, it must first be seeded in a person's heart, mind, and soul.

Animal totems are the remedial reminders of our true identities and the raw emotion that we feel when we connect to Mother Nature. Many of these emotional feelings spike during the first hint of autumn.

"Autumn is the second spring when every leaf is a flower." —Albert Camus

When I'm in the moment of the first autumn change, smells tingle my nostrils and the wind whips my hair with a slight breeze teasing me that colder weather is on its way. With autumn's recent reminder, I thought I would share with you my medicine ceremony for this time of year and all that it entails.

Candle of Intention

With my candle of intention, I always take a few days to bear in mind what it truly is that I want to manifest. There is no easy trick to anything magical, because in the real world of enchantment, preparation is key. I leave no stone unturned, and I'm more attuned to the signs of Mother Nature and my spirit guides. I invite them all and quite literally have a party with the dearly departed, such as family and those distinctive and alien friends who are as unique as each snowflake or star in the sky.

I am pictured with Forest, a timber wolf, which is one of my foremost animal totems. (Photo by Michael L. Miller)

Each color of a votive candle invites different answers, specifically if I ask for something to do with work, family, or health. Green is for work and manifesting more money, white is for cleansing and health, as well as those heartfelt desires. A blue candle is for trickier problems

that have to do with relationships and domestic issues. Purple is my favorite, because I call it my power color. I leave it for those unusual problems that I either need resolved or a sign in order to know which direction to go to next. Rainbow-colored votive candles answer all questions and desires, and they help to resolve problems because it is the direct link to the universal sovereign of light. Using this candle is like calling all the Archangels to come to your aid.

With each candle, I usually use a little dragon's blood that I grind up with a pinch of dried-up sage and oil of Isis, plus a little bit of this and a little bit of that. I am empathically guided in each ceremony, so I usually try to keep my chest of oils and herbs filled with enough of everything. I place my candle where I can see it daily, and as with the ancient Egyptians, when I first light my candle, I immediately look to see how the flame comes alive, which direction it is going, or if one flame turns into two. If the answer is "yes" to a question, the flame ascends in a thin steady spire with little smoke. If the answer is "no" the flame can become smoky and dark. I have found that the flame crackles for both yes or no questions, so just be aware of this.

Here, I am pictured in body paint as a cobra, one of my animal totems. (Photo by Pat Berrett)

Mystical Stones

Each year I try to incorporate a new stone to my collection, because as I travel the silk road of my convictions and insights, avant-garde visions come my way, introducing me to spiritus and fervid happenings. I include these stones with each of my ceremonies and let Spirit guide me as to which ones I should use.

I love agate stones, especially those that are carved into a likeness of an animal. Agate enhances our mental functions, and it rebalances and harmonizes the body, mind, and spirit. It's my centering stone, and sometimes I will sleep with it.

Tiger eye is probably a stone that I have had with me most of my life. Outside of being a protection stone, it brings good luck. I have it in many necklaces and I have a piece of tiger eye that is carved into a tiger with yin and yang sides to it. I sleep with this one as well, and it works as a good counterpart with my agate stones.

Labradorite is the newest stone that I have incorporated into my collection. It was the stone that perpetuated my dimensional walking into another hemisphere, as I've written about in previous issues of this magazine! I am still getting used to it, but I can wear it now and feel comfortable with its energy. I had no idea that it was such a spiritual stone when I was told to acquire it in a dream. Labradorite protects the aura by blocking others from tapping in and draining your energy. I like to wear it because it helps keep my energy level balanced.

I have collected a few labradorite rings and necklaces that I wear, and I can actually feel the difference when I wear them. It's almost like I am wearing a forcefield. Sleeping with it is another story. Since it's a very mystical stone with a high frequency, I don't sleep with it. But I have the large piece of labradorite inspired from my dream on my altar. That piece and I are so connected that sometimes I feel it when I'm in another room.

When you can feel the energy off of a stone and it resonates with you, that's one way of knowing it's the right stone for you.

Animal Totems

Years back, around 2009, I was able to have photos taken with one of my foremost animal totems, two wolves named Raven and Forest. As I look back at that amazing day, it became clear from the beginning they were calling the shots. Majestic, gentle, and sublime, they welcomed me into their pack and I immediately felt at home and in humble awe of how endearing they became and so accepting.

I first met Raven, a black-phased timber wolf from the Wild Spirit Wolf Sanctuary (he was the sanctuary's ambassador) at the fairgrounds in Albuquerque, New Mexico. I went there for a gem and mineral show, and it never entered my mind that the best kept secret was walking on all fours staring at me from afar.

The director of the Wild Spirit Wolf Sanctuary, Leyton Cougar, was educating a large group of people about the work he does with wolves, their habits, and characteristics. As I walked into the large tent, Raven jumped up on the railing of his enclosure and howled a

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little to get my attention. And all I have to say is, he had me at the first howl!

A few months later when I went to the sanctuary for my photoshoot, I met Forest, a white-phased timber wolf, who was next in line to become the sanctuary's ambassador after Raven's retirement. All it took for a good photoshoot with him was a few hotdogs. He gave me a few licks of gratitude here and there, and we became friends for life. We all have our animal packs, and wolves are definitely mine.

One of the most interesting animal totems that I have is the cobra. I was just as surprised by this revelation as anybody.

Years back when I was in Egypt in 1991, I felt a deep-rooted connection with the cobra, so much so that I resonated with the sculptures and hieroglyphs and quite literally vibrated when I was near its image. When I came back home, I saw a large shadow in my bedroom that was in the shape of a gigantic cobra. It stood massive in stature, about eight feet high, and was at the foot of my bed. It slowly slithered to the side of my bed and just looked at me. It was ancient and wise and had that energy of old pharaonic Egypt. I then realized that it came home with me, and to this day it still watches over me.

When people go into forests or ancient locations, it's obvious they take on a kinship with certain animals. I also have a close relationship with deer and elk. I have had them come up to me in the wild, close enough to pet them. They capture my heartbeat; my ears even twitch a little when I see them. It's this connection that allows people to become aware of the forest dwellers, cryptids, faeries, or other types of animals on an empathic level.

There is so much our animal totems can teach us, if only we can be still long enough to listen to what they are saying.

Preparation for Ceremonies

There are many ways to get into a meditative state, these are just a few examples. For me, it's a drive during a full moon or driving on a winding road out in nature with a destination high up in the mountains where I can see the vast valleys below. If that's not possible, I make a circle (clockwise) around me with my crystals or I have my favorites in each of my palms. I either sit on the floor or lie down comfortably on my bed and start to focus on my intention.

Next, quiet the mind, existing for the moment, being in the present. Focus on what you want, the outcome for the greatest good, effortlessly and easily done with an openness to the cosmos. Be yourself, and don't allow illusions of fear to make you feel undeserving, because after all, the Universe knows your true self better than you.

Call upon your animal totems to be with you and to show you if you are asking in the way that the Universe can answer you best. My spiritual companions have never steered me wrong, and I have found if I listen to them, they will help me see the truth of what I am really asking for. Remember they understand your life path, because they travel it with you. My animal totems know to come to me when I start to prepare for a specific ceremony. Yours will know when to come to your aid.

Open your prayer and state what you want in as much detail as you can, focusing on your prayer being answered as soon as the words leave your lips. Words have power as soon as they are spoken out loud. Once you have asked for and spoken your prayer, blessing, or intention, close them with thanks and gratitude knowing that they will be answered. In doing this, we show the Universe that we aren't casting spells or curses. Celebrate and be at peace knowing your prayers, blessings, or intentions are on a journey coming full circle back to you by way of the answers you seek.

Each season makes itself known in its own unique and magical way. Autumn comes on fast, and she blows in with such a gusto that Mother Nature changes in color as a response to her calling. Her colors of gold, orange, and red are breathtakingly regal in scope as she prepares us for winter's respite.

Autumn ceremonies are about celebrating life in the present and remembering our ancestors, animal totems, and spirit guides, keeping the old ways alive. The best prayers, intentions, or blessings are for the world around us, so let's light those candles and bless our world with peace of mind and spirit, light for those burdened with darkness, and love and abundant health for all. ◆

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WHAT LURKS IN DARTMOOR'S WISTMAN'S WOOD?

By Rick Hale, Psychical Researcher

Taking a long leisure walk through the woods is a great way to clear a troubled mind and commune with the natural world. A cool, soft breeze rustling the leaves of the trees is one of the most peaceful things anyone could experience.

However, not all wooded areas are a place to find peace. Some forests have dark histories filled with mystery and terror. Nightmares lurk among the trees and hide in its shadows. Wistman's Wood in Dartmoor, England, is one such place. This ancient haunted forest is not for the faint of heart.

Ancient History of Wistman's Wood

Along with Black Tor Beare and West Okement, Wistman's Wood is one of three remote, high-altitude, wooded areas of Dartmoor. It's been mentioned by writers for several centuries. And due to its wide variety of mosses and lichens covering rocks and trees, Wistman's Wood is considered to be of great scientific significance. Experts believe the Woods are what is left of a vast ancient forest dating back 7,000 years, when Mesolithic hunter/gatherers would have hunted wild game here.

Dartmoor is a region of the United Kingdom that is steeped in ancient folklore. Many of its places are known to be haunted by vengeful ghosts, playful pixies, and the devil himself. So, it should come as no surprise that this mystical wooded area that has been untouched by human hands would share in the region's dark history.

Many writers have long considered Wistman's Wood to be the most haunted place in Dartmoor. Due to this reputation, few locals would dare to enter the woods after the sun goes down. They fear they might come face to face with something detrimental to the human soul.

Sacred Grove

Long before the early Christian missionaries set foot in Dartmoor, the woods were a sacred grove to the

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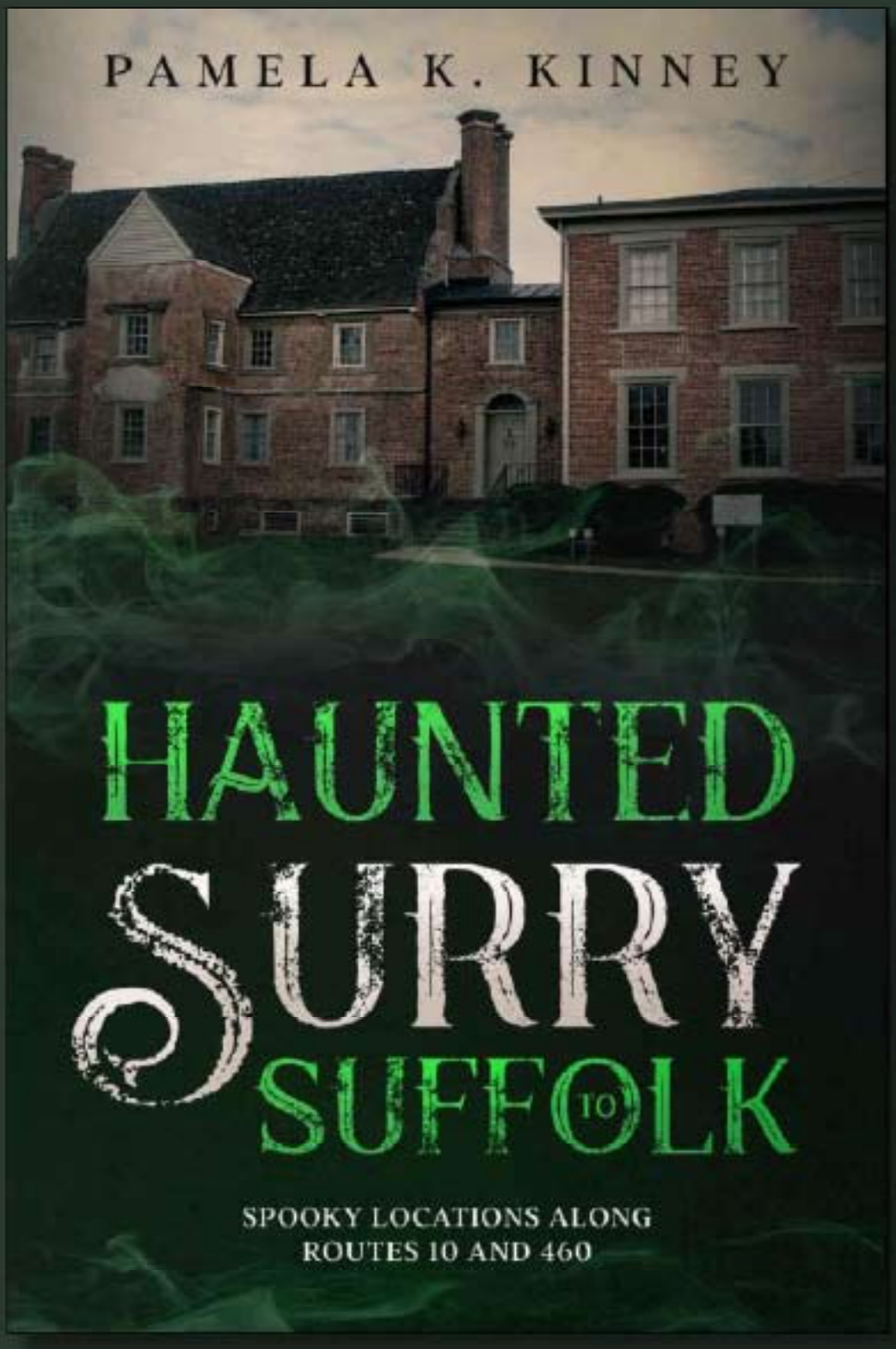
No matter which road you take to visit the towns and countryside along Routes 10 and 460 in Southeastern Virginia, the phantoms can't wait to SCARE you a good time.



Available on Amazon

Druids. It's believed these ancient and mysterious priests gathered in this remote place to conduct their secretive rituals, far away from the eyes of people.

In the center of the woods is the Druid's Stone, or Buller Stone. It is there that they communed with the spirit realm and opened a doorway to the other side for apparitions to come and go at will.

The Wisht Hounds

Giant dogs with coats as black as night and eyes that burn with the fires of hell have been a part of British folklore for as long as anyone can remember. Wistman's Wood is believed to be the kennel where the dreaded Wisht Hounds are kept.

On dark nights, these diabolical hounds are released and given freedom to hunt and kill the unfortunate soul caught in the woods. According to legend, these hellish dogs with their fiery eyes and yellow fangs, are led around by the devil himself.

Another legend states the dogs are also led by Old Crockern, an ancient entity who inhabits Crockern Tor. Like the dogs he leads, Old Crockern has an insatiable hunger for human souls — and an unquenchable thirst for blood.

A Pup Named Jumbo

The Wisht Hounds aren't the only ghostly canines said to haunt the Wood. The mournful cry of a terrier, called Jumbo, is heard echoing through the woods. It's believed he was killed by the strike of an adder while hunting for rabbits.

Visitors to the woods have claimed to see the small dog as it leads them further into the woods and then vanishes.

Way of the Dead

For many years, corpses that were being buried in Lydford were carried along an ancient track called Lych Way. Or, as the locals call it, the way of the dead.

People who live near the way of the dead have witnessed an eerie sight. A ghostly procession of men in white robes are seen traversing the ancient path in an unearthly silence. Witnesses report the somber parade fades from view when they reach their destination.

The Bite of Death

If horrific hounds and phantom processions aren't enough to keep you away, you may want to consider the deadly adders.

The highly deadly serpents are said to slither and live among the rocks of Wistman's Wood. They strike with a furious swiftness, and their bit is so venomous that you're dead before you ever know what hit you.

Dartmoor's Wistman's Wood is a pristine wooded area known for its natural beauty that has withstood the test of time. Nevertheless, it is considered to be a place of mystery and danger. So, enter at your own peril. ◆

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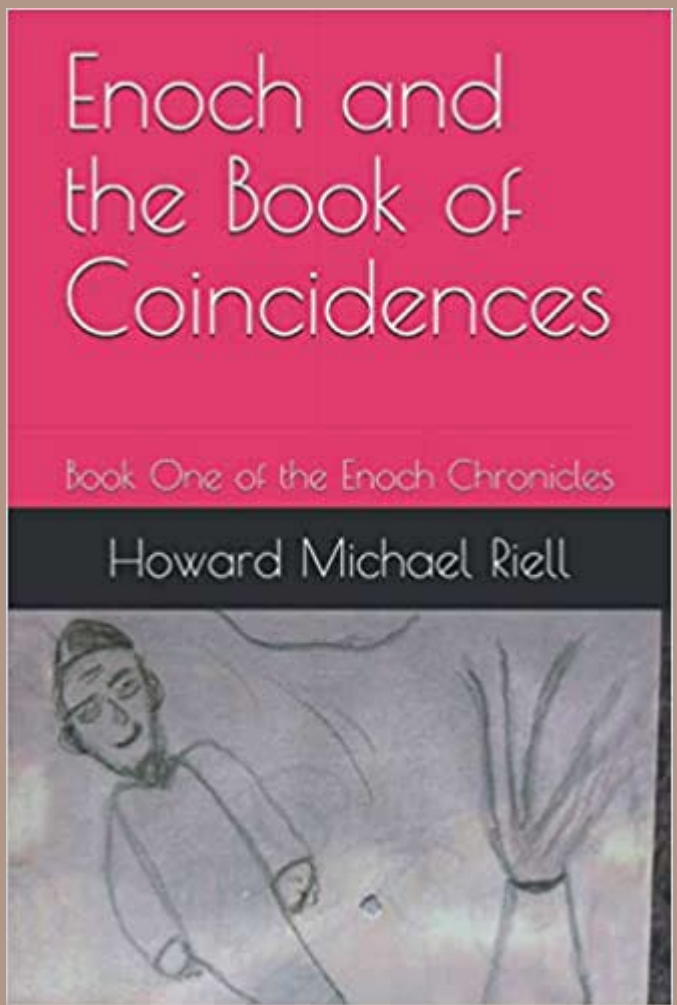

In the spring of 1986, a group of friends pushed open a door to another realm of existence — a door that has remained open ever since.

And it was on November 22 of that year that they received the first message from someone or something claiming to be … God.

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The Manitowoc INCIDENT

By Cheryl Lynn Carter

The Point Beach Nuclear Plant is located on approximately 1,200 acres near the city of Two Creeks, Wisconsin, in Manitowoc County. The power generated from the plant services the Green Bay area and communities along the Lake Michigan shoreline of southeast Wisconsin.

It is also located within the boundaries of the infamous Lake Michigan Triangle. The triangle spans from Manitowoc, Wisconsin, to Ludington, Michigan, and then south to Benton Harbor, Michigan. Among its multitude of mysterious elements of high strangeness are the skies where unexplained phenomena abound.

It was March 24, 2019, at about 8:30 p.m. U.S. Marine Corps veteran Myles Panosh was talking on the phone with his friend Shelly Schmidt of Sheboygan, Wisconsin. They were discussing UFO experiences.

He was sitting near a window upstairs when suddenly he looked out and observed a huge light hovering over the vicinity of the Point Beach Nuclear Plant in nearby Two Creeks. Being a trained military observer, he was certain it was not a star, planet, or meteor. It was not a lighthouse or city lights.

An iPhone image of an unexplained UFO over the Point Beach Nuclear Plant in Wisconsin.

He remarked to Shelly that he and some other residents had previously observed some strange lights in the sky, but nothing like this had ever been reported. It did not look like any military craft that we currently have. It was definitely an Unidentified Flying Object.

He attempted to capture the image with his iPhone, but the resolution was not very good. Not wanting to miss an opportunity to film this event, at 8:45 p.m. he decided to contact his friend Jeff Lavicka, who was a videographer and who also lived two miles to the northeast closer to the lake. Jeff was immediately able to successfully film 15 minutes of the mysterious incident using his Samsung Galaxy S4.

The two men watched as a huge reddish-orange glowing light hovered over the nuclear plant. Multi-colored lights appeared at the apexes of a wedge-shaped craft. It was accompanied on and off by other smaller luminous bodies — red, orange, green, blue, and yellow — that began to cascade around the large light. They were twinkling like a Christmas tree. Occasionally, a "line" of light would drop from one light to another and they would flash.

They couldn't be certain whether these small lights were approaching or emerging from the huge one. There were no stars or other celestial bodies visible in the night sky. This suggested that the object's luminous emissions were brighter than starlight and that it was operating within Earth's atmosphere. They continued to watch the event until 11:30 p.m.

Although some employees at the nuclear plant had at times observed strange lights in the night sky above them, it was not a topic they spoke of publicly. There had been some instances of groundwater leaks at the facility. They did not want to draw public attention to such things as extraterrestrials.

If the security system sensors at the plant ever indicated any unknown objects in the air, nobody ever revealed such information to the public. There are some ufologists who believe UFOs over nuclear plants are actually benevolent beings watching over us.◆

HAVE YOU EVER WANTED TO SLEEP WHERE THINGS GO BUMP IN THE NIGHT?
HAVE YOU EVER WANTED TO DINE WITH GHOSTS AND GHOULS?
HAVE YOU EVER WANTED TO WALK IN THE SHADOWS OF VAMPIRES, GHOSTS AND CRYPTIDS?
DOES LEARNING ABOUT MACABRE, THE STRANGE, OR THE WICKEDLY EVIL FEED YOUR SOUL?

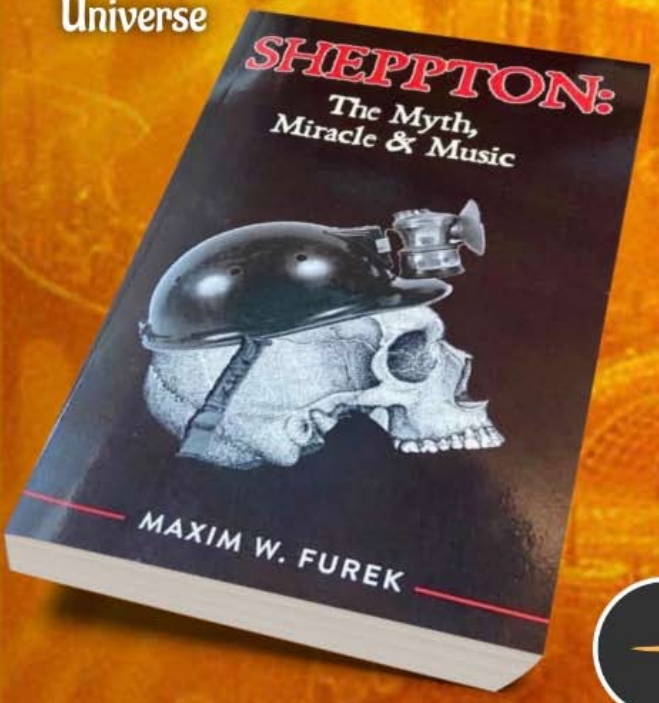
Then I invite you to join me at "Where the Dark Corners Are", a podcast geared toward people who believe in the paranormal, who love traveling, who seek the ghastly stories, and learn about the morbid, the chilling and the seriously spooky.

Using the haunted world as our road map, each week we will visit a ghastly hot spot, anywhere from the port of New Orleans to the abandon castles of Romania.

And, as a gruesome bonus, on occasion, I will be joined by Da Panda, Panda Mike, as we take a road trip to a specific location, where we stop and discuss said place of absolute darkness and the horrifying madness that transpired there.

So join us on

Featured on Australian paranormal podcast Mysterious Universe



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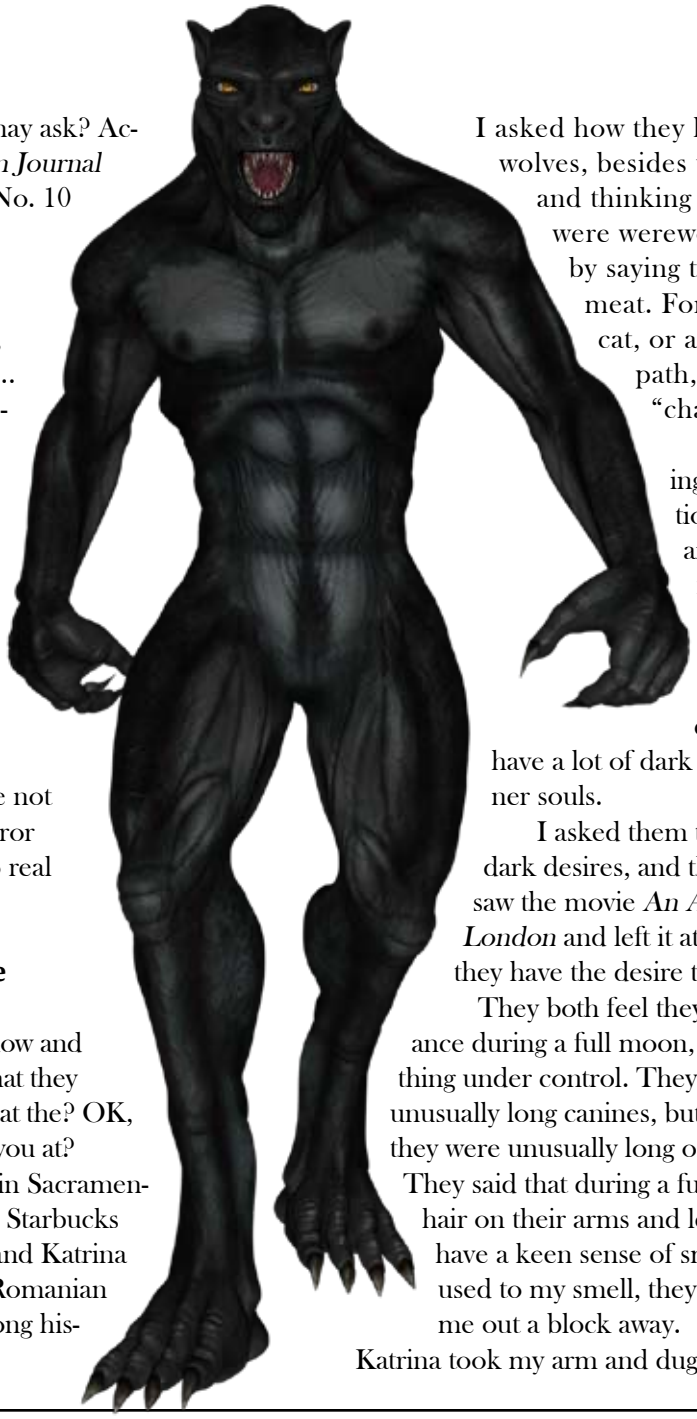

What is Lycanthropy you may ask? According to *The American Journal of Psychiatry* (Vol. 134, No. 10 published in October 1977) it states:

"Lycanthropy, a psychosis in which the patient has delusions of being a wild animal (usually a wolf), has been recorded since antiquity. ... Throughout the ages, such individuals have been feared because of their tendencies to commit bestial acts and were themselves hunted and killed by the populace. Many of these people were paranoid schizophrenics."

Thoughts of werewolf movies may come to mind when lycanthropy is mentioned — *Wolfen, The Howling, An American Werewolf in London* ... the list goes on. But, we're not here to talk about good werewolf horror movies. We're here to talk about two real werewolves!

When Werewolves Call ... on the Phone!

I got a call from Lolita Moonshadow and Katrina Kanine. They informed me that they were self-proclaimed werewolves. What the? OK, Lolita and Katrina, where can I meet you at?

We first met at the Avid Reader in Sacramento and then crossed the street over to Starbucks for a refreshing Frappuccino. Lolita and Katrina are cousins, and they claim to be of Romanian descent. They also said they have a long history of werewolves in their family.

I asked how they knew they were werewolves, besides the Romanian descent and thinking their family members were werewolves. They began by saying that they craved raw meat. For instance, when a dog, cat, or a rabbit crossed their path, they had the urge to "chase."

They went on, explaining that they felt domination over men, physically and mentally. When the full moon rises, they feel the urge to hunt; and they also must suppress their dark desires. They said they have a lot of dark desires within their inner souls.

I asked them to elaborate on their dark desires, and they asked me if I ever saw the movie *An American Werewolf in London* and left it at that. I pondered ... do they have the desire to kill?

They both feel they have a chemical imbalance during a full moon, but feel they have everything under control. They both showed me their unusually long canines, but I really didn't know if they were unusually long or if they stood out more. They said that during a full moon, they get more hair on their arms and legs. They said that they have a keen sense of smell, and after they get used to my smell, they would be able to sniff me out a block away.

Katrina took my arm and dug in a bit with her finger-

→

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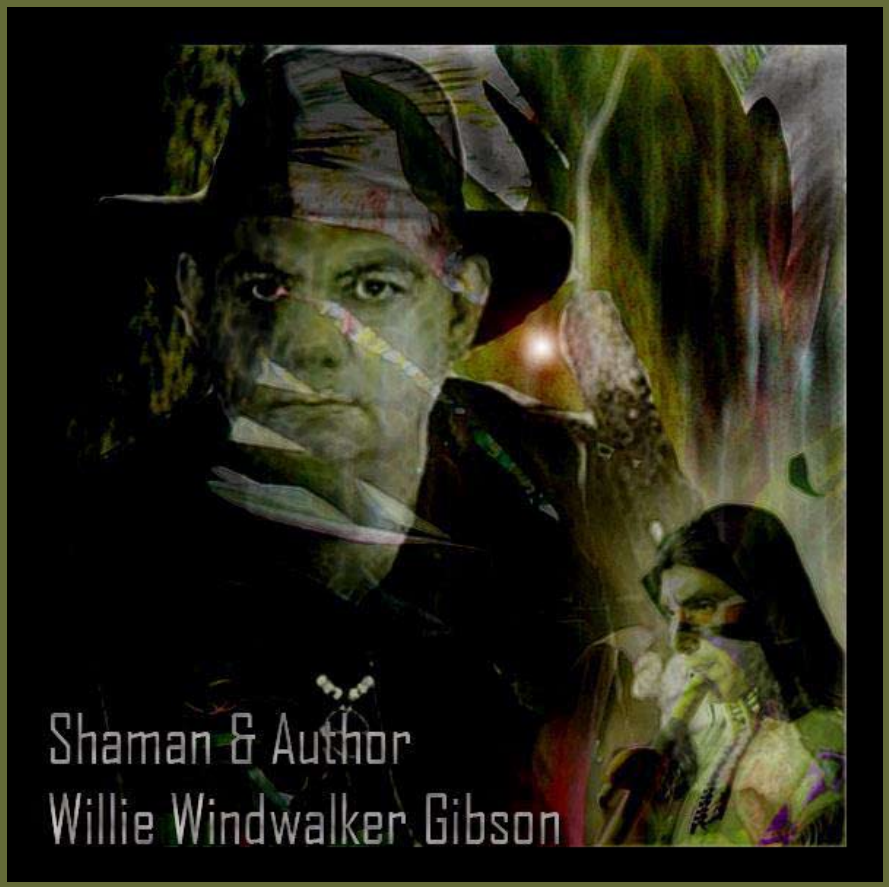

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nails. She looked at me and said, "Paul, I have a hunger!" OK, OK, just as long as it's not me!

Werewolf Legends Discussed With ... Werewolves!

We discussed if silver bullets can actually kill werewolves, and they said that a real werewolf can be killed by any bullet. They said their eyesight changes over to seeing everything in black and white during a full moon, and they feel greater strength and are quite agile during that time.

They also claim that if they are with their boyfriends during a full moon, their sexual desires are greatly heightened and their boyfriends are not able to handle their wild frenzy. They described it as throwing a bull carcass in the Amazon River and watching piranhas go into a feeding frenzy.

They revealed that their love lives had dwindled each time their significant others discovered the true essence of their beings.

At this point in time, I noticed a bead of sweat dripping from my brow. I decided I should begin to wrap up the conversation. I noticed that Lolita had purchased a werewolf book from Avid Reader. Yes! These woman were truly into lycanthropy.

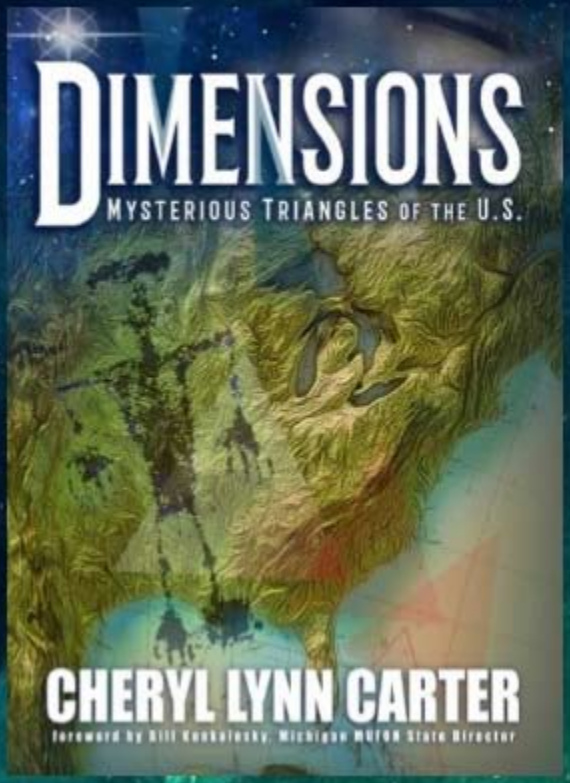
Before, I left, we discussed werewolf sightings in Placerville, California, and the Sierras. They said that at times they felt a calling for the Sierras to find their brethren.

What is so unusual is that after I met them, I was contacted by another werewolf woman in Fremont, and I do plan to interview her as well. She claims that there are werewolf sightings in Antioch, California, and that she has a very interesting story to tell!

When I stood up to leave Starbucks, Lolita and Katrina were eyeing me strangely. They both stood up and stood next to me, as if they were blocking me from leaving. Lolita grabbed my shoulder and said, "Paul, remember one thing, we do not want to be identified for this article, and make sure not to identify us in anyway in this article. We know where you live!"

I looked back at Lolita and Katrina and said, "Sure, no problem, no problem at all!"

As I left Starbucks, I thought how safer it would be to just hunt ghosts; they don't make threats! ◆



There are mysterious doorways, parallel dimensions, and alternate realms in the universe that might compel us to question everything we thought we knew.

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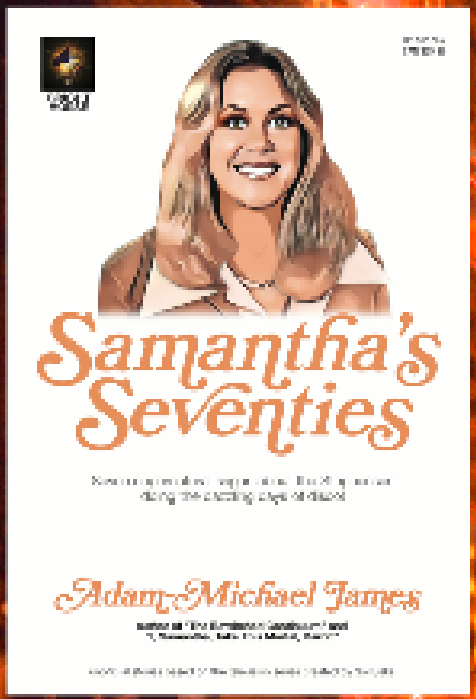

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Is This Prophecy?

The Meaning of the Enoch Saga

By Howard Michael Riell

Say that someday soon a scientific expedition captures Bigfoot, a species of creature rumored for centuries to have existed everywhere from Tibet to the American Northwest. At long last the legend is shown to be reality, and after subsisting on fantastic stories, hazy recollections, and breathless eyewitness testimony, the world finally has an opportunity for some real, honest-to-goodness research.

Just how much like us is it? What's its genetic make-up? What does it eat? Where does it live? What are its habits and social structure? What size is its brain? How many teeth does it have? Suddenly, these things cease being mere conjecture because now we have one in our hands to examine, to study, to put under both a proverbial and an actual microscope. Finally, an opportunity to gather some hard facts.

What About Prophecy?

Sure, prophecy is found throughout the *Bible*, but for many it remains little more than the stuff of superstition and old wives' tales. And even for those who believe and accept biblical prophecy as real, many believe it died out 20 centuries ago. Like the mythical Bigfoot, it's nothing we've ever been able to view up close, to study at close range, to examine, if you will, under a microscope.

But maybe — just maybe — now we can.

I am a veteran journalist who, since 1986, has been part of a small group of friends involved in an ongoing series of supernatural and decidedly religious events that can only be viewed as part of the classical prophetic experience. It started with "channeled" messages and went on to include ecstatic religious visions, accurate predictions of future events, and hundreds of staggering real-life coincidences that became the foundation of the phenomenon.

Here are just a few of them ...

• Hebrew Q&A: Sitting at the Ouija board with my friend Rosellen, I read a question that my friend David had prepared — in Hebrew, but spelled phonetically using English letters — without knowing what it meant (neither of us understood Hebrew). The answers we received did indeed address the question and included a stream of letters we couldn't make sense of. They later turned out to be Hebrew words — in fact, a full sentence — and what it said not only answered the mysterious question, but answered it brilliantly.

• Aharon: Rosellen and I received a channeled message purportedly from the biblical High Priest Aharon. Unfamiliar with the biblical account, she nonetheless described his appearance ... and it matched precisely the *Bible*'s description, right down to the smoking censer.

• The Lamed-Vavniks: I gave Rosellen a "billet," a note on a small piece of paper that she does not see. On it was written the question: "Where are the lamed-vavniks?" (The lamed-vavniks are the 36 unknown people who, according to Jewish mystical legend, maintain the world's existence through their good deeds.) Rosellen, who was

Catholic and had zero knowledge of anything Jewish, never saw what I'd written and, in any event, would have had no earthly notion of what a lamed-vavnik was. She closed her eyes, held the folded-up note to her temple, concentrated, and after a couple of moments and in an odd voice, whispered, "Why do you ask about the 36?"

• Quetzalcoatl: I'd been reading extensively about the legendary Aztec god Quetzalcoatl ... then a friend's son said the word "Quetzalcoatl" to me, totally out of the blue, admitting he had no idea why he'd said it.

• Book of Raziel: A message advised us to keep my copy of the ancient mystical *Book of Raziel* in a gold box. Months later, while reading a book about Jewish mysticism, I learned that keeping the *Book of Raziel* inside a gold box had been an ancient custom.

• My Own Name: After being told that I was metaphysically connected to the biblical Enoch and the angels Michael and Raziel, I realized that my full name — Howard Michael Riell — is intimately related to all three.

• Blizzard of Angels: A message telling us we were surrounded by angels was followed by a veritable blizzard of words, lyrics, names, statues, slides, van graphics, and other representations of angels.

• Great-Grandfather: A channeled message we received said that my then-unknown great-grandfather's name had (1) started with an "Ar" sound, (2) contained a "leaf or leif" sound in the middle, and (3) ended with an "off" sound ... and I later discovered that his name was, indeed, Aryeh Leib Kabakoff.

• Prayer: On a great many occasions, issues mentioned in private prayer cropped up later the same day in my studies and/or synagogue *Bible* readings.

• Light for Darkness: Multiple messages told me that my mission on Earth is to bring light for an approaching darkness ... and months later, a psychic I'd never met before told me the exact same thing.

• Philo of Alexandria: One of the souls from the past who communicated with my friends and I identified himself as the ancient philosopher Philo of Alexandria, whom I'd never heard of before. What he told us seemed to match the historical record. Shortly afterward, I found an old portrait of Philo on the cover of a book, and his face looked just like mine — as I and several others could plainly see.

• 5/21 and 7/1: I uncovered a large number of correlations between the numbers 5/21 and 7/1 throughout mystical literature and in my own life.

• The Birds: A disturbing incident that I likened to Alfred Hitchcock's movie *The Birds* was followed a day or two later by the totally random selection of an unmarked VHS tape of that very movie — in fact, the very scene I'd referenced — from a stack of tapes.

• In Books: A great many times I would find specific subjects I'd been thinking about or discussing appear before my eyes in the pages of a book I opened the same day.

• Thunderclaps: A sarcastic remark I'd made about God back in 1986 was immediately interrupted by booming thunderclaps just outside my courtyard window — the person on the other end of the phone line could hear it,

→

and asked if canons were being fired — that ended as soon as I stopped talking.

• Moment of Death: I was visited in a dream by an elderly rabbi and friend at what I later found out was just at the moment of his death, and I heard him utter words I didn't understand (they turned out to have been Yiddish) with which he bid me farewell.

• Strange Man: My friends and I were told that a strange man with evil intentions — we were even given his actual name — would come into our friend Rosellen's life ... and a man by that name actually did appear in her life, do strange and evil things, and seemed to know about the messages we had been receiving.

The classical prophetic experience is divine contact, which has been recorded throughout the centuries.

• At Random: Bored during services in synagogue one day, I got out of my seat and randomly selected a volume of the Talmud from a shelf, randomly opened to a page, and randomly began reading ... only to find that the very same lines from the *Bible* that I was reading were being sung out loud a few feet away from me at that precise moment.

• Conspiracies: I'd decided that my next book would be on the topic of conspiracies, then was contacted by the manager of a radio station who asked me to begin hosting a daily talk show ... about conspiracies.

• Rabbi Kliers: Shortly after my marriage ended, I was praying alone at home and telling God He was a witness that I had worked tirelessly to do as much to help my wife as I could. When I finished, I chose a book from my shelf at random and started reading where I'd previously left off. There was a story about a rabbi named Kliers who teaches someone that a husband's job is to work hard for his wife. I noted the coincidence, but then looked even deeper. If you rearrange the rabbi's name, K-L-I-E-R-S, you get my name, RIEL, plus the letters SK — my ex-wife's initials. In other words, it spelled out her name: SK Riell.

• Jacob: The messages told us that I was mystically connected to the biblical patriarch Jacob. Then a string of coincidences began emerging that seemed to indicate that. For instance, Jacob has his famous dream of angels ascending and descending a heavenly ladder at Beth-El. The name of the hospital in which I was born was the Beth-El (now Brookdale) Hospital in Brooklyn. My home address while growing up was 2814 West 8th Street. If you turn to Genesis 28:14, you find it smack in the middle of the story of Jacob and the heavenly ladder at ... Beth-El. Jacob had 12 sons, who became the founders of the 12 tribes of Israel. As a kid, living at 2814 W. 8th Street, I lived on the 12th floor.

• Barry Fisher: My friend and almost-business partner, Barry Fisher, and I had first met months earlier at a local cigar shop. Months after he'd moved to another city, I returned to that cigar shop with a deep sense of nostalgia. I turned on the wide-screen TV and found a show in which the host was interviewing someone named ... Barry Fisher.

• 14,700: I was reading about the plague of Korach in the *Bible*, which claimed 14,700 lives. I then got a call from an investment company telling me I had money left in a long-forgotten IRA account that I needed to claim — $14,700.

• Jason Alexander: I had been thinking of the TV show *Seinfeld* — specifically, about the character George Costanza, played by actor Jason Alexander. About 20 minutes later, I was going through some very old notes and came across the odd phrase we had been given: Nebulai Abundai. After more than 21 years, I decided to look it up. My Google search brought me to a scientific research paper titled "Nebular Abundance Errors". One of the authors, from the Astronomy Department of the University of Washington in Seattle, was named ... Jason Alexander.

• Chosen One: Early in the phenomenon, the messages and concomitant coincidences outlined for my friends and me a scenario in which a "chosen one" or "son of God" was sent to Earth to undo the damage done by angels who came here and disrupted God's plan. He will eventually amaze the world and end the otherworldly threat. Later, I would discover this very scenario in the ancient *Book of Enoch*.

Inconceivable Experiences?

As inconceivable as my experiences clearly are, they are a part of the well-established prophetic phenomenon that goes back millennia and which must and, finally, can be examined. In more than 30 years, the incredible consistency of the phenomenon is another of its features that proves the truth and validity of these events.

This is not the feather-headed stuff of crystals, pyramid power, and Elvis sightings. It is a phenomenon that is recorded throughout the centuries and that resembles nothing so much as divine contact as recorded in the *Bible* — the classical prophetic experience. It has been meticulously chronicled by a professional journalist for more than three decades and just so happens to carry the same far-reaching themes as those conveyed by the biblical prophets.

How can the world pass up the opportunity to examine it? And so, I am offering the world that opportunity. I've written about it, and invite you to find out more at www.patreon.com/TheEnochChronicles. ◆

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BEDEVILED IN BENICIA:
THE HAUNTED BOUTIQUE SHOP

By Paul Dale Roberts, Halo Paranormal Investigations

Our team recently investigated the Cose Belle Boutique in Benicia, California. The boutique's owner, Julia D'Alo, reported that the store, which opened on May 25 this year, was haunted. The building is reportedly 165 years old.

Julia had been feeling ill while in the store, and she suspected an entity at the location may be the cause. It was after she opened the attic door — and left it open for more than a week — that all hell broke loose.

She noticed three boards were stacked up by the attic and felt an entity did this. She also heard the sound of stomping boots and walking in the attic, as well as disembodied voices. A man who had been up in the attic was held down by an unseen force. The activity became even more bizarre, including:

- Julia witnessed the attic door levitating.
- The entity broke one of the store's window screens.
- The ghost has been seen by others, and they said he looked like a soldier ghost with a skeletal face.

In fact, Julia took some incredible photos in the attic and captured a photo of a skeletal arm and hand. And in another photo she took, you can see a ghostly boot.

Julia had blessings performed at the store, but nothing had worked.

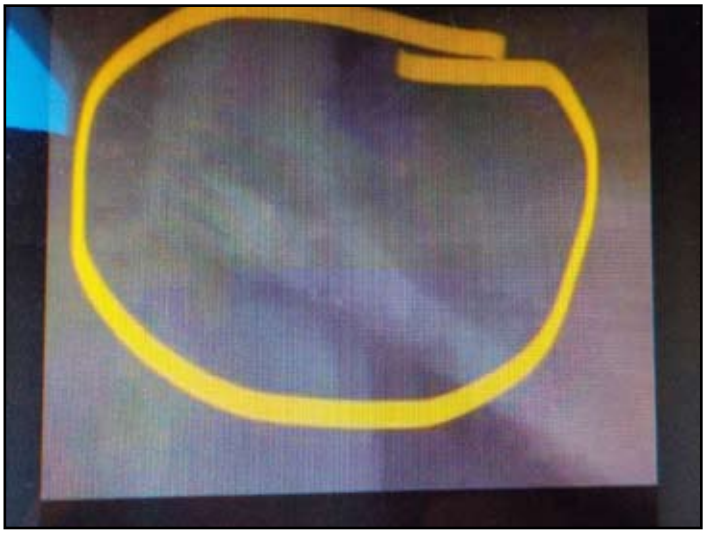
Cose Belle Boutique, a women's clothing store in Benicia, California, is said to be the site of severe paranormal activity. The store owner, as well as other witnesses, have seen several different entities.

Other paranormal activity at the store includes physical contact, disembodied voices and footsteps, poltergeist activity, and more.

The Investigation

During our investigation of the boutique, we documented a lot of activity, including our new equipment batteries draining as soon as we started our investigation.

Later in the night, my neck, Deanna's neck, and Julia's neck started aching. It felt as if someone had grabbed my neck from the back and started squeezing. Shockingly, Julia collapsed to the floor, which we captured on video. She was extremely scared after she was revived and began crying as she was describing what happened.



The boutique owner took several photos that appeared to show spirits manifesting, including the photo above, which is said to have captured the arm and hand of a spirit.

During the investigation, Deanna, our team's psychic medium, picked up on several spirits, including the "soldier ghost" described above. She felt this entity was very strong. She also sensed a "Lady in Pink" near the water heater. Julia's mother confirmed that there was indeed a "Lady in Pink" seen at the location.

Deanna then detected a "Switcheroo Poltergeist." This type of poltergeist has a habit of moving objects and can be very mischievous. It can look like an angel one minute and then look like a devil the next minute, according to Julia, and on this day, Deanna witnessed that happen.

Julia and Deanna saw a moving orb with their own eyes, and Deanna believed that this orb was actually a spirit, which she referred to as the "Lady Orb."

Everything that Deanna detected was confirmed by Julia and her mother. And there was another psychic present during the investigation who also validated what Deanna was seeing. Deanna believes some of the entities present act as protective spirits but others may have a more negative influence, especially the Switcheroo Poltergeist.

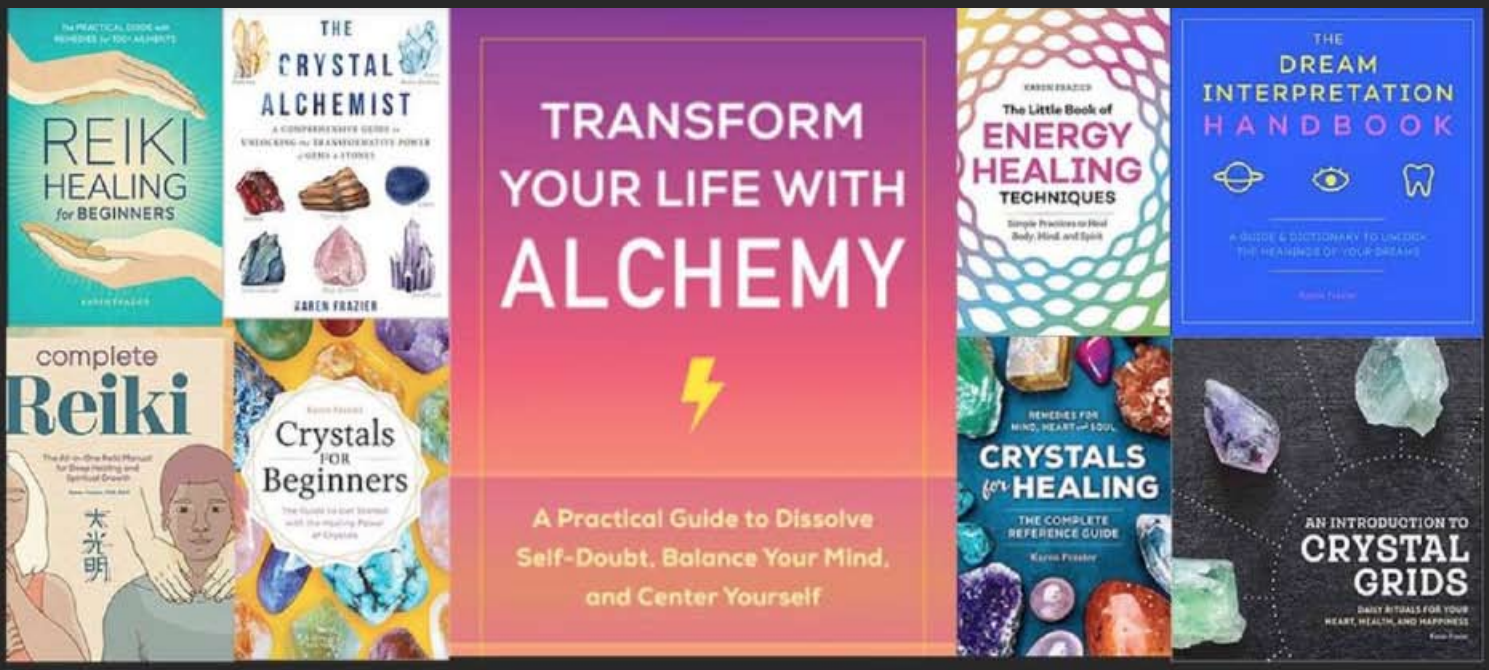
The Cleansing

I baptized Julia out on the patio; it was more of a sprinkle-on baptism. Then Deanna did a metaphysical blessing, and I conducted a Roman Catholic house blessing.

I hope and pray that the negative entities will disband and head to the light or go back to whatever place they came from.

Julia said that she did not mind the entities who were good, and she has no problem with them sticking around. Our team will stay in contact with Julia and see if the activity slows down or if she is still being tormented by the negative entities.◆

Are You Living Up to Your Personal Potential?



AuthorKarenFrazier.com

SITTING WITH YOUR SYMPTOMS

Why it's Unhealthy to Ignore or Suppress Pain

By Karen Frazier, AuthorKarenFrazier.com

I woke up this morning at 3 a.m. with tightness in my chest, a cough, and congestion. Given it's cold and flu season, it doesn't take much for me to understand what's happening in my body physiologically, and it's easy to reach for the nearest symptom-relieving medication so my body's signals don't bother me as I go throughout my day.

It has been my solution for years; take care of the symptoms so I can power through. In the Western world, this is often how we deal with physical discomfort — AKA symptoms. We ignore the invitation for rest and contemplation they provide and instead go straight for suppression, because having symptoms during our busy lives just feels so darn inconvenient.

I came into adulthood in the 1980s when the motto was, "No pain, no gain," and I took that crap seriously. No matter what my body signaled, I powered through it either ignoring or suppressing any symptom that arose. Perhaps not surprisingly, the messages from my body grew louder and more intense until my first chronic illness entered my life: Hashimoto's thyroiditis.

That was my body sending messages loud and clear to me, and yet I continued for a few more decades to power through until I discovered a kinder approach.

Even today, powering through is my first instinct, arising from my ego that loudly proclaims, "Show no weakness! Pain is for wimps!"

In Ayurveda, there is a principle called samprapti, which describes six stages in the progression of disease. Each stage progresses from the one before it, offering you the opportunity to heed a signal (symptom) before it becomes systemic. Ayurveda focuses on doshas, or forces, comprised of the five elements. These doshas, Vata (air and space or ether), Pitta (fire and water), and Kapha (earth and water) must be in balance for emotional, physical, mental, and spiritual health to be optimal.

When imbalance between the elements occurs, it first shows as a symptom. If the imbalance is ignored instead of addressed, then the progression of disease begins.

Ayurveda: The Progression of Disease

In Ayurveda, the six stages of disease progression are:

1. Accumulation: You accumulate too much of the energy of one element or dosha. This usually results in a minor symptom.

2. Aggravation: When the imbalance and accumulation becomes too great, it aggravates the system, which usually manifests as a cluster of more aggressive, complex, and uncomfortable symptoms.

3. Spread: As the energy continues to accumulate and grow, the aggravation to the symptom spreads throughout other aspects of your health or life. At this stage, you may begin to experience more severe and diverse symptoms.

4. Localization: Next, the spread dosha finds weak spots to take root in.

5. Manifestation: This is when the imbalance manifests as disease.

6. Diversification: The progress of disease becomes chronic and alters the system or the body.

The best place to stop this progression in its tracks is in the first stage as you accumulate too much of one type of energy, which is when the first minor symptoms arise. And that's usually when we reach for the Tylenol or something similar to alleviate our discomfort.

So instead of addressing our symptoms and hearing what they have to tell us, we suppress them and send our body the message that its signals are not important to us and we will power through whatever it throws at us until its signals grow so loud we can't help but pay attention to them.

Therefore, it's in our best interests that, instead of powering through, we accept our body's invitation to bring it back into balance when the first symptom, no matter how mild, arises.

When you have a symptom (physical, emotional, mental, or spiritual), no matter how mild it is, your body is issuing you an invitation. It's alerting you to an imbalance that is present and inviting you to discover how and why it has occurred.

During these times, the best thing you can do for yourself is to take a moment to sit quietly with the symptom instead of ignoring it and forging ahead with your day. Close your eyes for a moment, focus on the symptom, and ask, "What is it you are trying to tell me?"

Then, breathe deeply, empty your mind, and listen. Your innate intelligence will tell you what you need to do to return to balance, because your body, mind, and spirit always seek to return to a harmonious state before imbalances can set in, get stuck in your body, and manifest as illness.

"When we attempt to bury our pain, it rises up from the grave of our emotions, haunting us, until we acknowledge its presence. We can heal our pain when we allow it to move through us."

—Jaeda DeWalt

BJ Palmer, the son of the father of chiropractor Daniel David Palmer, said, "The power that made the body heals the body." In other words, your body has an innate intelligence to return to balance and wellness if you remove the forces that are causing its dis-ease.

And sitting with discomfort of any type (mental, physical, emotional, spiritual) as soon as it arises allows you to listen to the invitation being issued in order to address an imbalance long before it ever has the opportunity to progress into something catastrophic that you can't ignore so your body, mind, and spirit can return to a place of optimal wellness through its own innate intelligence.

And, so, I laid in bed at 3 a.m., with my eyes closed and my Reiki hands resting over the area of tightness in my lungs. I listened to my body's invitation for balance, and I listened to what it told me was out of balance. I breathed deeply and allowed my mind to go where it needed to in order to release emotions that had stuck in my chest.

I didn't try to suppress the discomfort. Instead, I moved into it and allowed it with all of the attendant thoughts, emotions, and beliefs that came with it.

If the symptoms arise again, I'll need to do it again, sitting with my mental, emotional, spiritual, and physical symptoms alerting me to the opportunity to recognize imbalance and release it so my body, mind, and spirit can heal themselves. ◆

8 SMUDGING ALTERNATIVES: Step Outside the Bundle

By Dr. Athena Perrakis, Sage Goddess

We're constantly surrounded by energy — we pick up negative and positive vibrations all the time, and they affect us in a myriad of ways physically, mentally, and spiritually. Unfortunately, we can't always choose which vibrations we take in — and if you're an empath, the struggle to keep a clear energy field is real, particularly if you're surrounded by energy vampires.

Energy vampires can be strangers or our friends, coworkers, and loved ones. If there's someone in your life who requires constant attention, or if you feel drained after having a conversation with a particular person, they might be an energy vampire. And they fall on different sides of the spectrum — some people don't even know they're doing it.

It's up to you to protect yourself and clear your energy field so you don't constantly feel zapped and out of sorts. There are ways to filter unwanted energies from your aura and purify your environment discreetly, so you can clear wherever you are. That's why I wrote this article, to help you maintain a high vibration anytime, anywhere.

It's vital to exercise smudging in your daily life — at home, work, in your vehicle — the places you spend most of your time. Clearing low vibrations and stuck energies create a peaceful, beautiful etheric temple, within and without, and maximizes your potential. And the best part is, you don't need smoke to sanctify space or yourself.

If you feel drained after exposure to low vibrations and don't have the luxury of smudging with sage, or if you're allergic or sensitive to smoke, this article is for you.

Here are eight smudging alternatives ...

1) Smudge Spray

Smudge spray not only clears your space, but also fills the air with fragrance, raising vibrations and evoking sensual pleasure. You can buy smudge spray or experiment

with making your own. Pure essential oils, such as white sage and palo santo, are ideal ingredients.

White sage has been used for centuries to clear and consecrate space. It calls in positive spirits and keeps lower vibrational energies at bay. In addition, white sage has many healing properties and has been used as a natural antimicrobial to purify and cleanse.

Palo santo is a sacred wood that grows in South America. When Spanish monks discovered its clearing and healing properties, they named it "Palo Santo," which means "holy wood."

These two powerful ingredients blended and infused with wild lavender and rose witch hazel create the perfect all-purpose smudge spray to use any time, any place.

Click here for a list of sacred herbs for smudging, including my favorites. Many of these are available in essential oil form. Combine your favorites to create your own unique signature spray.

2) Sea Salt

Salt is long associated with cleansing and blessing. With salt, you can create an ocean of profound purification and healing at home in your bath. Recipes vary, so trust your intuition in choosing specific ingredients and their quantity.

As a general rule, adding two or three handfuls of good quality, unrefined sea salt to a tub of bathwater works well. Try adding a few drops of essential oil and fresh or dried rose petals and lavender as well. Set forth positive intentions and express gratitude for your complete cleansing and renewal. Remember to rinse off, at least briefly, after your bath to ensure any toxins wash away.

You can also dissolve salt in a bowl of water and allow it to absorb negativity, or sprinkle the saltwater around your home to achieve the same effect.

3) Candles

Working with candles to shift the energy in your space is another of my favorite tools. Candles are fire magic, and just lighting a candle is clearing. During ritual or meditation, try focusing on the flame while inviting the presence of pure white light.

You can also carry the lit candle to each corner of a room, representing the four directions of East, West, North, and South, to harness the power of fire to clear any unwanted energies from your space.

4) Himalayan Salt Crystals

Himalayan salt crystals are gorgeous and effective in their ability to absorb negative energy — and they're a form of edible crystal. Himalayan salt helps release attachments and is also helpful for those working in negative energy environments.

Himalayan salt crystals were once part of the primordial sea, buried underwater in the thermal ocean landscape for more than 300 million years as they formed. As the mountains now known as the Himalayas rose from under the Earth's surface, salt crystals were exposed.

Himalayan salt releases negative ions. Modern

→

environments quickly become saturated with pollutants, including electromagnetic waves, which carry a positive charge. This salt helps keep the air around you cleansed and balanced.

You can crush Himalayan salt crystals and add them to water for bathing or washing floors. Place salt rock pieces (or salt crystals in bowls) in the four corners of a room or anywhere you want to absorb negative energy and cleanse the area. Himalayan salt lamps are especially effective because warm salt crystal emits a higher number of negative ions, delivering a more efficient ionizing effect.

5) Blessed Water

You can make your own blessed or holy water by leaving a water container outside to soak up the sunlight, moonlight, or starlight. Turn this practice into a magical, enchanting tradition that connects you with the sky, Earth, and elements.

Try choosing a significant time each month (like during the full moon) to bless and charge your water. You can also infuse your blessed water with essential oils and herbs to enhance its cleansing and healing properties.

Use your blessed water as a splash or spray, and carry it with you to use whenever you feel called to purify and raise vibrations.

6) Crystal Grids

If you love working with crystals, you'll appreciate the power and beauty of creating a crystal grid for clearing. Grids are an essential part of my work and a surefire way to keep high-vibrating energies in and low-vibrating energies out.

Black kyanite, selenite, and smoky quartz are perfect for clearing grids, and black tourmaline adds extra protection. Placing a clear quartz or quartz-bearing generator, pyramid, or obelisk at the center of your grid is the best way to raise and conduct the energy.

7) Nature — Fresh Air and Sunshine

The power within nature to purify and renew is astounding. We know that simply standing or sitting on the Earth will ground us. Most of us have experienced a moment in the rain, perhaps in a torrential downpour, when we felt washed clean, as if baptized under the clouds.

And the Sun, radiating warmth and light that illuminates the darkness, is known to improve our mood and transmute negative or stagnant energies. Air/wind blowing or moving through your space is also very effective in clearing and cleansing. Open the blinds, windows, and doors, and invite nature in with intention.

Get outside and take a walk. Inhale fresh, purifying energy, and exhale anything you need to release.

8) Sound — Bells, Chimes, Singing Bowls, Voice

Sound vibrations break up stagnant energy. There are many ways to work with sound to clear yourself and your space and permeate the environment with the highest vibrations. Try chimes, bells, singing bowls, drums, wah wah tubes, or rattles to move energy sonically. You can also say a prayer to add intention and amplify the process.

One example of an elegant and portable sound-clearing tool is the tingsha. Tibetan Buddhist practitioners use tingshas in prayers and rituals. They're made of two small cymbals connected by a leather cord or metal chain. When struck together, these cymbals produce a clear, high-pitched tone.

You Can Even Use Your Voice

Tools are great, but you don't need them. Try making a sound yourself, like chanting "OM" to connect with the cosmic vibration. While you might feel self-conscious and inhibited at first, letting sound emanate from your body will serve you well in its most natural form. It releases energy that needs freeing and instinctually resounds in the perfect pitch, tone, and note to bring harmony internally and externally.

If you're surrounded by people, find an intimate space like your car and let it out.

In Closing

Let your intuition and inner wisdom guide you to the methods of clearing that serve your greatest good in each moment. Know that you truly don't need anything outside yourself for sanctification.

You are inherently pure and connected with everything you need. But self-discovery is a dynamic process, and tools are great allies to support you along the way.

Meditation and visualization are other effective ways to energetically clear — and there are also many more beyond those explored in the space of this article. So experiment, find what works for you, and share it with others.◆

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The Spirit of 'Joy'

By Willie Windwalker Gibson

My wife, Schmon, recently had spinal surgery. A disc was pressing against her spinal cord, resulting in paralysis on her right side. Emergency surgery was done, and some feeling came back.

Schmon stayed in the hospital for three weeks. She was then transferred to a rehab facility. The first night at the rehab center was stressful, and Schmon's comfort level was very bad. She had to wear a C collar on her neck to protect the surgery site.

About 2 a.m. in the morning, the door opened to her room. I was sitting in a recliner trying to sleep. The room was dark, and I could see a person standing in the doorway.

The light from the hallway showed her to be a nurse. She walked over to Schmon's bed and bent over her.

"Mrs. Gibson, how are you?" she asked.

Schmon told her she was in pain and needed a pain pill. The nurse said, "My name is Joy. I'll be back."

The nurse left and returned a few minutes later. She gave Schmon a shot of what I assumed to be a pain killer. The nurse told her that it should make her feel better.

Joy told Schmon to focus on getting better and she would be out of rehab soon. She also told Schmon to focus on her favorite color and picture it enveloping the darkness of the room. Schmon said she would.

Joy stood there as Schmon feel asleep.

The darkness of the room still covered what Joy looked like, but Joy turned to me and said, "She will rest now, Mr. Gibson." Then she turned and left the room.

I feel asleep and was awakened by the morning nurse coming in to check on Schmon.

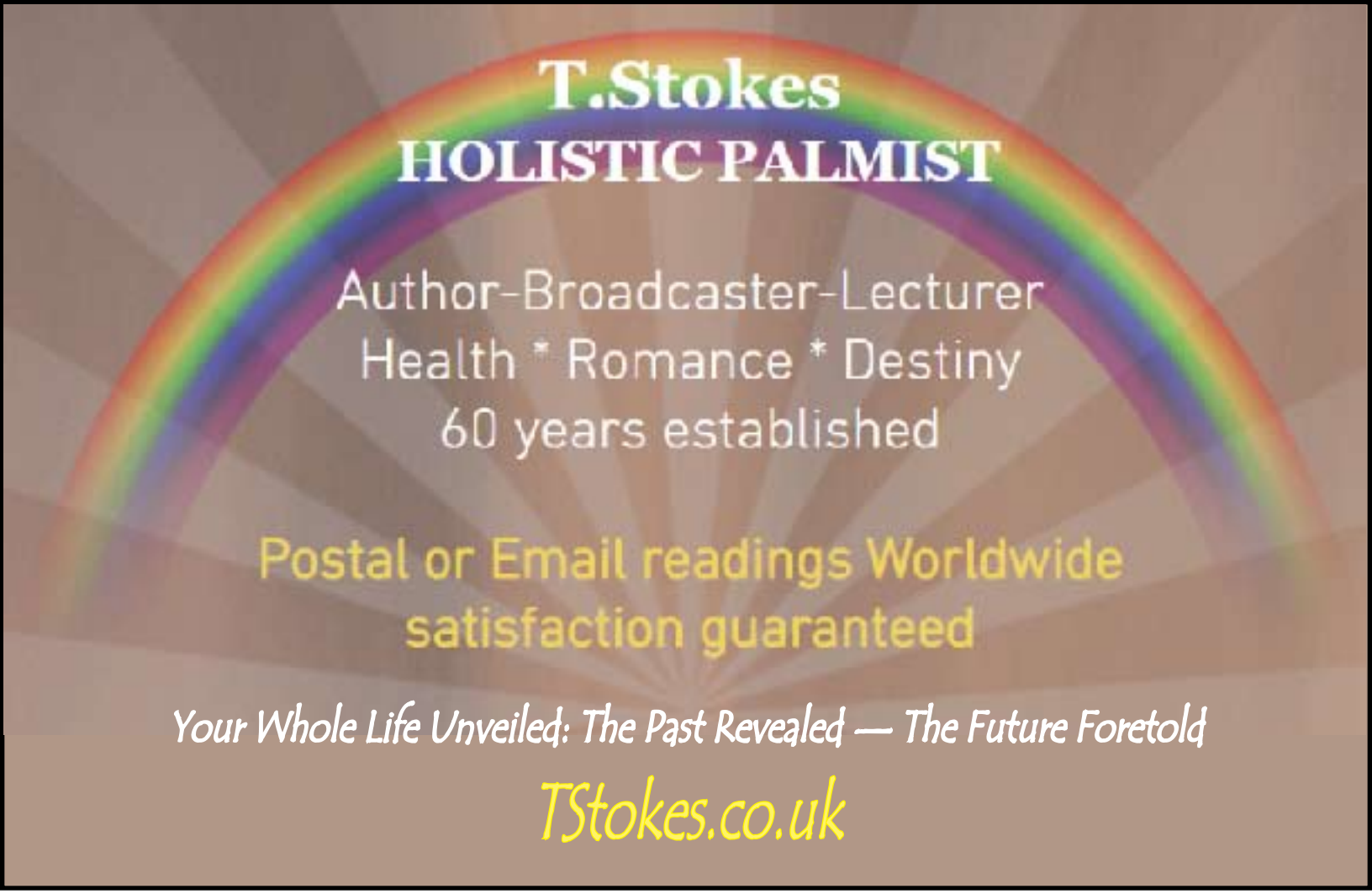
I told the nurse that the night nurse, Joy, had come in and gave Schmon a shot earlier. The nurse stared at me strangely and said that Joy was not working the night shift anymore and that she had retired the previous year. I asked the nurse if she was sure that another Joy didn't work there. The nurse was positive.

I told Schmon, and she said Joy was there and that we had both seen her.

I wonder if Joy's spirit or residual energy was still making rounds. The paranormal is freaky that way.

Two months later, Schmon was released to go home, though, she's still in therapy at the house. She's regaining strength and is starting to walk again.

I feel the spirit of Joy is still with Schmon.◆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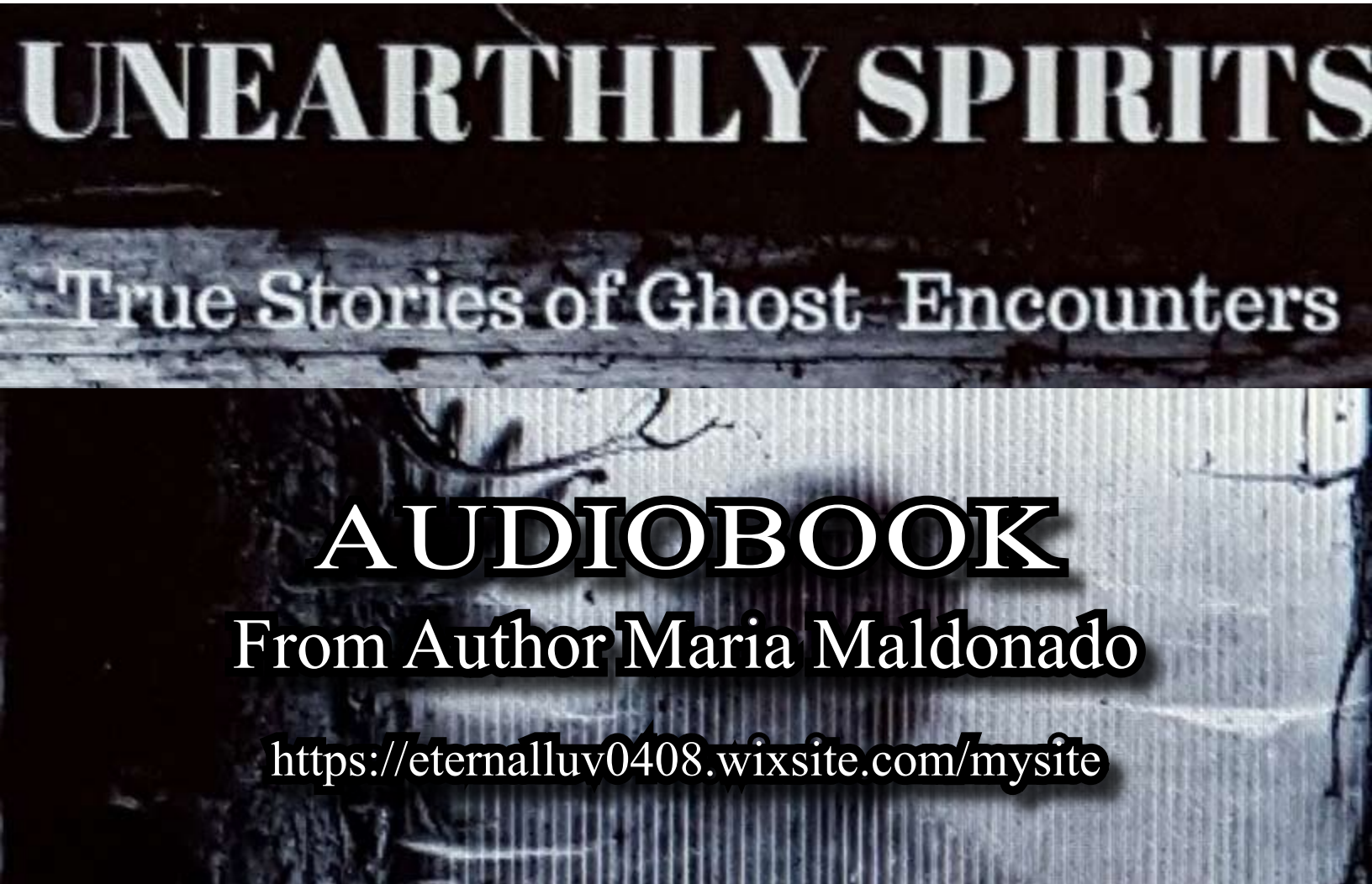
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